



Skin Fitness Powered by a Plan®

FemTouch Pre and Post Treatment Instructions

Pre-treatment recommendations for *external treatment*:

- Shower or bathe the morning of treatment.
- Shave the vulvar area before treatment.
- Dress in loose fitting pants and cotton underwear on the day of treatment.

Post- treatment instructions for *external treatment*:

- Refrain from sexual activity for 72 hours after treatment
- Skin may feel sensitive; may be red and swollen; possible itching.
- Use cold compresses or cold gel packs (20 minutes on, 20 minutes off) as needed for swelling and discomfort.
- Gently cleanse the area two to three times a day with sterile saline or a mild hypoallergenic cleanser.
- Soak the treated areas with a diluted plain white **vinegar solution** (soaking reduces redness, stinging and speeds healing).

Vinegar Solution:

- One teaspoon of plain white vinegar to two cups of water.
 - Soak a clean, soft wash cloth into vinegar solution and place the wet cloth on treated areas; press gently to ensure the vinegar solution wets the skin.
 - Rinse wet cloth and repeat for 10-15 minutes four to eight times each day; if the skin is dry or scabbed, you need to soak more often.
 - Apply a layer of Aquaphor or Vaseline to the treated areas, immediately after soaking.
- Continue applying Aquaphor or Vaseline until skin is healed. Reapply frequently as needed to maintain a continuous layer.
 - Avoid lifting heavy weights or doing intense physical exercise for three to four days following the treatment.
 - Avoid submerging in pools, hot tubs, bath tubs, etc...
 - Wear loose, cotton underwear; avoid panty hoses and tight-fitting bottoms.
 - **DO NOT:**
 - Do not use any other creams, douches, ointments or products of any kind.
 - Do not let treated areas come in contact with detergents, fabric softeners or dryer sheets as they may irritate your skin.
 - Do not pick, rub, scrub or irritate skin while it is healing.
 - Do not expose the treated areas to the sun as UVA exposure can cause skin to darken.

Call the office with any other symptoms that are elicited by the procedure that are not resolved within 24 hours.

Please call our office if you have any questions or concerns.