

FemiLift– PRE PROCEDURE INFORMATION

Following these instructions will optimise your laser treatment results and minimise the risk of complications

- Pelvic exam and pap smear is to be done at least one month prior to the procedure.
- You are required to take a pregnancy test within 24 hours of the procedure. Results must be negative. If you are pregnant or breast feeding, you are NOT a candidate for this treatment.
- If you have a history of genital herpes or you are unsure, please ensure you advise the therapist/doctor prior to the procedure. Prophylactic oral antiviral agents such as Valtrex® or Famvir® may be prescribed for the prevention of the Herpes Simplex Virus 1 (HSV-1). It is generally recommended to begin prophylactic antiviral agents 24 hours prior to laser resurfacing and continuing, per physician discretion.
- You cannot be treated whilst undergoing a HSV infection
- Local anaesthesia may be applied using topical anaesthetic cream as EMLA, BLT (Benzocaine 12%, Lidocaine 4%, and Tetracaine 8%), or others, 20-30 minutes before treatment. The treatment area will then be cleaned from the anaesthetic cream with a gauze sponge before the treatment
- It is imperative that before each treatment you inform us if you are taking new antibiotics or medications. Medications may increase your skin's sensitivity to laser treatments, and therefore we may need to postpone the procedure.
- Please advise your therapist if you are experiencing any signs of vaginal infection or abnormal discharge (Including, but not limited to: Itching, irritation, burning, redness, swelling, pain, sore, rash, abnormal discharge)
- Failure to disclose your medical history (including medications) may increase the risk of complications from this procedure.
- You cannot undergo this procedure during menstruation.

FemiLift – POST PROCEDURE INFORMATION

Following these instructions will optimise your treatment results and minimise the risk of complications:

- Following the treatment, gently cleanse the treated area from any tissue fragments with a gauze sponge.
- It is normal to experience some spotting after treatment, please let your practitioner know if these symptoms persist 10 days post treatment.
- Excessive watery discharge might appear and last for about one week following treatment.
- Washing the treated area with hot water should be avoided until it is fully healed, warm water and the use of a PH balance gentle soap is recommended. It is not recommended to submerge yourself in water for 3-5 days (This includes but is not limited to baths, swimming pools, beaches etc). The area should be patted dry and NOT rubbed, however please ensure you dry the area effectively.
- Sexual relations are not recommended until the treatment area is fully healed (usually 1 week post treatment).
- Avoid strenuous exercise with excessive sweating to the area for 3-5 days post treatment.
- Avoid jutted seats for up to one week post treatment (eg. Bike seats).
- Avoid tight clothing that restrict the breathability of the area (eg. Tight bike shorts or uncomfortable jeans) for up to 1 week post treatment.
- Please avoid the use of tampons 3 days post treatment, the use of a pad is recommended instead. Please ensure you change the pad regularly in order to avoid infection. We recommend a change at least once every 2 hours, or more frequently if required. A “wet” environment increases the likelihood of infection.
- We do not recommend the use of G-strings or their variables for up to one week post treatment. Loose fit cotton underwear is recommended.
- Vaginal hydrating gel is recommended to soothe the vaginal lining and relieve related discomfort for a few days following treatment. This can be purchased at any local pharmacy. We recommend you purchase this prior to your initial procedure.
- Please notify the clinic immediately if you have more than normal bleeding (spotting is normal), fever or any other unusual side effects.
- Treatment intervals are advised 30 days apart.

- Following treatment with lasers, you may notice redness and bumps at the treatment site, which can last for several days. It is normal for the treated area to sting for a few hours post treatment.
- Do not pick at any scabbing as this can lead to scarring.
- Avoid any and all irritants to the area, including vaginal deodorants or otherwise.
- Avoid any rubbing or friction movements on the treated area for 1 week post treatment.
- For ablative procedures of face and body: Clean the area daily with a solution of 1 litre sterilised water to 1/3 cup of vinegar. Place contents in the fridge. A throw away wipe (such as Chux) should be used to gently clean the area every few hours or as needed. This will manage infection risk and calm the skin during the healing stage.
- A nurse may check your skin within the next 2 days after treatment to mitigate any infection risk. Please ensure you book in your follow up appointment.
- You may be prescribed antibiotics for 5-10 days after treatment.

