



# Pacific Clinic

## **MonaLisa Touch**

### **Post-Procedure Instructions**

#### ❖ Skin Care:

- Skin may feel sensitive and may be red and swollen and the lased area may be itchy
- Use cold compresses or cold gel packs (20 minutes on; then 20 minutes off) as needed for swelling and discomfort
- Gently cleanse the area 2-3 times a day with sterile saline or a mild, hypoallergenic cleanser
- Reapply occlusive ointment after each wash and continue to use until skin is healed.

#### ❖ Clothing:

- Wear loose, cotton underwear
- Avoid wearing panty hose and tight-fitting pants

#### ❖ Activity:

- Avoid lifting heavy weights or doing intense physical exercise for 3-4 days following the procedure
- Refrain from sexual intercourse for a week after the procedure.