



## **RejuVAnate CO2 Vaginal Rejuvenation Laser Treatment**

### **Post Care Instructions**

- Vaginal rest for 7 days is recommended - nothing in the vagina for 7 days (sexual activity, tampons, etc). If you happen to start your period during this time, you must use pads.
- Avoid strenuous physical activity or heavy lifting for 7 days.
- Gently cleanse the external area with a mild, hypoallergenic cleanser twice a day.
- Wear a light days panty liner and change often if there is a slight discharge, which should be clear, but might contain slight blood streaks and should resolve within 2-3 days.
- Use Vaseline or 1% hydrocortisone ointment externally 2-3 times daily as needed for any external sensitivity or itchy areas.
- Your next treatment will be scheduled for 4 weeks from now