

FemTouch[®] Post Care

Post-Treatment Instructions

- Continue with your anti-viral medication as prescribed by your physician
- Vaginal hydrating gel may be prescribed as per physician's discretion to soothe the vaginal lining
- Avoid heat exposure in the treated area (such as hot shower or sauna) for 48 hours
- Avoid use of feminine douche and refrain from sexual activity for 48 hours
- Avoid strenuous exercise for 48 hours
- Use a panty liner for 24 hours as there may be some discharge due to tissue breakdown
- A transient inflammatory reaction is expected after the procedure (e.g. sensation of heat). Usually it is resolved within 24 hours and does not last more than 72 hours
- Report any other symptoms that are elicited by the procedure and are not resolved within 24 hours to our office