



## **CORE Intima:**

### ***Before your treatment:***

- Avoid sexual activity within 24 hours of the treatment
- Avoid scheduling treatment during your menstrual cycle
- Hair should be shaved in the treatment area the day prior to the procedure. The hair should not be waxed or chemically removed.

### ***Aftercare:***

- After the treatment, apply a water-based lubricant or bland ointment (for example Vaseline) 2-3 times a day for 5-7 days
- Gently cleanse the area with mild soap and water twice per day
- Avoid sexual intercourse for 7 days
- No tampon use for 7 days
- No tub baths, Jacuzzis, or swimming until skin is completely healed.
- Tenderness to the treated area is normal following the procedure

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any signs of infection, you should contact the office immediately.