



CO2RE Intima

Pre + Post Treatment Instructions

PRE-TREATMENT INSTRUCTIONS:

- Please take your prescribed Prophylaxis for HSV as directed.
- Apply topical lidocaine (numbing cream) that was given to you from our office 45-minutes prior to your appointment. Please follow the enclosed instructions for proper application.
- Please shave the area to be treated the day before your appointment.

POST-TREATMENT INSTRUCTIONS:

- You may experience some itching in the treated area. To help relieve these symptoms, you may use over the counter Benadryl.
- You may have some spotting and the use of a panty liner for 7 days is helpful.
- Do not use tampons or put anything in the vagina for 7 days post treatment.
- Do not have vaginal intercourse for 7 days post treatment.
- If you experience swelling of the external area treated, you may apply a small ice pack for some relief.