



Vaginal Rejuvenation Aftercare Information:

General Information

This non-surgical procedure can help with leaking urine, easing painful intercourse, improving vaginal moisture, and intensifying orgasm. Your skin might be red and sensitive post-procedure, and you might have some light bleeding. However, this treatment doesn't require planned recovery time, so you can resume most usual activities soon after.

Results can be felt in as little as weeks, and a second treatment is recommended for best results.

The following are post-treatment recommendations to reduce inflammation, bruising, as well as limit the chance of infection, and ensure the best result:



Avoid hot tubs, saunas, and heavy exercise for 24 hours.



Avoid touching, rubbing, or applying pressure on the treated area(s) while you heal.



Avoid alcohol, caffeine, high salt/sugar food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased swelling, bruising, and redness.

Contact information:

For questions or concerns not requiring an urgent response please email us at

beth@belloramedicalaesthetics.com

For questions or concerns requiring an urgent response please call us at

206.683.4893.

If you are experiencing a medical emergency, please call 911 promptly.