

# Vibrant Life

## Dr. Clark Brittain

### Co2re Intima Pre/Post- Treatment Instructions

The Core Intima is a fractional carbon dioxide technology manufactured by Syneron Candela to treat Genitourinary symptoms of Menopause, Vulvo-Vaginal Atrophy, Vaginal Relaxation Syndrome and Vaginal Laxity. The in-office procedure allows for a comfortable yet deepened therapeutic fractions rejuvenation of the lining and the deeper depths of the vaginal mucosa.

#### **Internal Treatment**

##### **Pre-Treatment Recommendations**

- Shower or bathe the morning of the treatment, so that the area to be treated is clean.
- Area must be clean and dry without traces of cream, lotions, or other substances that may interact with the laser.

##### **Post-Treatment**

- Refrain from vaginal sexual activity or tampons for 7 days.
- Possible side effects include: Vaginal spotting, mild vaginal bleeding, pink or brown discharge, watery vaginal discharge, irritation, burning upon urination, and discomfort. As area heals, these may dissipate

#### **External Treatment**

##### **Pre-Treatment Recommendations**

- Shower or bathe the morning of the treatment, so that the area to be treated is clean.
- Shave/wax the vulvar area before your treatment. If waxing, please have treated no less than 3 days prior to treatment.
- A post-operative cream will be called into Williams Brother's Pharmacy. Please pick this up 24-48 hours prior to your procedure and bring with you to your appointment for instructions on post-operative use.

##### **Post- Treatment Recommendations**

- Refrain from sexual activity or tampons for 7 days.
- Keep area moist by applying the cream provided to you at your laser appointment. This must be kept in the refrigerator.
- Wait 1 day before taking a shower or bath (avoid using hot water on the treated area until healing is complete.)
- Skin may feel sensitive and may be red and swollen or itchy. This is normal.
- Use cold compresses or cold gel packs (20 minutes on, then 20 minutes off) as needed for swelling or discomfort.
- Wear loose, cotton underwear and avoid wearing panty hose or tight-fitting pants.
- Avoid strenuous physical activity or lifting heavy weights for 3-4 days following the procedure.

**Multiple treatments are needed to reach desired outcomes for the Internal and External Application.**

**Generally 3 treatments scheduled 4 weeks apart.**

**Please contact the office immediately if you experience fever, severe pain, heavy vaginal bleeding, unusual discharge or odor. 812-331-9160**