



C O U R T N E Y
P L A S T I C S U R G E R Y

VAGINAL REJUVENATION

Pre-Treatment

Avoid irritant topical agents for one week prior to procedure.

Do not wax or use a depilatory on treatment areas for one week prior to your treatment.

If you have a history of fever blisters, please notify us. We can send in a prescription for antiviral therapy to start a day before treatment to prevent a flare up.

Post Treatment

The two most common sensations after vaginal rejuvenation are swelling and itching. Swelling may increase somewhat over the first few days after surgery but tends to peak by day three. Itching is a natural side effect of both incisions and swelling. Patients usually notice a dramatic decrease in itching by the end of the first week. If itching worsens or persists for more than 10 days, contact the office.

For internal rejuvenation you can feel a dull cramping sensation in the pelvic area due to pressure applied to the walls of the vaginal canal. Usually it will not last longer than a day.

One of the best ways to soothe itching is to apply cold compresses for short periods of time. Topical spray Dermoplast, is an antiseptic and anesthetic and is excellent for post op care. Use this as much as you need to throughout the day to help with discomfort or itching. Witch hazel pads are used to help relieve itching, burning, and irritation as well. They may also be used to clean the outer vaginal area. The Peri Bottle allows you to clean yourself gently and easily while also helping to prevent infection and helping to speed up the recovery time. Kotex pads are great for comfort.

Avoid strenuous exercises that cause sweating for 4 weeks. Avoid submerging in water, sauna, and steam room for 4 weeks after treatment. No sexual intercourse for 8 weeks.

Please contact us as soon as possible if you are concerned about infections, experience any blistering or increased discomfort.