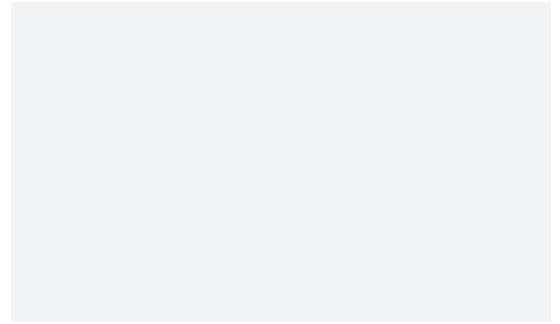




LOTUS GYNOLASER

Vaginal Rejuvenation



PATIENT PRE- AND POST-TREATMENT INFORMATION

BEFORE TREATMENT

- ✿ Your treating doctor will conduct a full examination to determine whether laser vaginal rejuvenation is the right treatment for you. This will include a full medical history.
- ✿ Please bring a copy of your last PAP smear or Cervical Screening Test result with you to discuss with your doctor. A normal PAP smear or Cervical Screening Test result is required to proceed with treatment.
- ✿ You will have an opportunity to ask any questions of the Doctor or Nurses regarding the treatment. Once you have read all the information provided and your questions have been answered, you must sign an Informed Consent before treatment can proceed.
- ✿ In the procedure room, you will be required to remove the bottom half of your clothes and use baby wipes to clean the vulval area. If the vulval area as well as the vagina is to be treated, the Doctor will treat the area with an anaesthetic cream, which will then require an incubation period.

CONTRAINDICATIONS FOR LOTUS TREATMENT

Lotus treatment cannot proceed under one or more of the following conditions:

- ✿ The presence of any local or systemic disease
- ✿ Abnormalities / cell changes noted in last PAP smear or Cervical Screening Test
- ✿ Presence of Mensus (treatment can proceed once it has concluded)

THE TREATMENT

- ✿ The Doctor will first of all insert a swab into the vagina to dry the vaginal walls.
- ✿ The sterile handpiece will be inserted into the vagina until the tip contacts the uterine cervix.
- ✿ The laser energy will be delivered one burst at a time as the handpiece rotates 30° each time. After 12 applications, the handpiece will be retracted 1cm and the process repeated, until the length of the vagina has been treated.
- ✿ If the vulva is to be treated as well, the Doctor will change the handpiece tip and resume treatment.
- ✿ You should alert your Doctor at any time if the treatment becomes uncomfortable.

WHAT TO EXPECT AFTER LOTUS TREATMENT

- ✳ The LOTUS is a non-surgical, almost pain-free, 10-minute procedure, so there is no downtime, and you can return to normal activities immediately.
- ✳ You may notice a slight increase in secretions as the vagina is adjusting after treatment.
- ✳ While some women notice a difference soon after treatment, results will normally become noticeable around 30 days after the first treatment. Most women achieve the best results after the recommended number of treatments, spread over approximately 3 months.

REQUIRED NUMBER OF TREATMENTS

- ✳ Some people see an improvement after one LOTUS treatment, but typically two or three treatments, each a month apart, will achieve optimal results for the longer term.
- ✳ Treatment can be repeated in consultation with your doctor as required, if/when symptoms return.

POST-TREATMENT CARE

- ✳ There is no downtime from LOTUS GynoLaser treatment, and you can expect to resume normal activities immediately.
- ✳ You may notice a slight increase in secretions as the vagina is adjusting after treatment. This should resolve in 2-3 days.
- ✳ If you have had vulval treatment, you will be given a post-laser gel or antibiotic ointment.
- ✳ If the area feels hot or tender, ice packs can be used.
- ✳ You should refrain from wearing tight underwear for 7-10 days.
- ✳ You may shower, but do not take a bath, or submerge your body in water for 7 days.
- ✳ If you experience any pain, heat, or swelling in the treatment area, or if you develop a fever or feel very unwell, please contact your doctor immediately.
- ✳ Your doctor will advise you when you can return to normal sexual activity: usually in around 2 weeks.