



Ultra Femme 360 Post Treatment Instructions

- You may resume all normal activities, but avoid hot tubs and saunas for 24 hours.
You may feel mild cramping, tenderness, and experience redness.
- Be aware that the treatment may stimulate your menstrual cycle.
- Continue extra hydration for 2 days post treatment.
- You may resume normal sexual activity post treatment.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com