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AESTHETICS & WELLNESS

LadyLift Post Treatment Instructions

LadyLift is a non-surgical vaginal laser treatment designed to improve vaginal health, tone, lubrication, and comfort. It is commonly used to address symptoms such as vaginal dryness, laxity, mild stress urinary incontinence, discomfort with intercourse, and changes related to aging, childbirth, or menopause.

What to Expect During Treatment

- The procedure typically takes 15–30 minutes.
- Most patients describe the sensation as mild warmth or tingling.
- No anesthesia is required.
- You may return to most normal daily activities immediately.

Immediately After

- You may experience mild warmth, swelling, or sensitivity—this is normal and temporary.
- Light watery or clear discharge may occur for 1–3 days.

For the First 48–72 Hours Avoid

- Vaginal intercourse, tampon use, vaginal creams, estrogen, lubricants, or suppositories (unless approved), and hot tubs, swimming pools, baths, and saunas. Showering is allowed.

For 5–7 Days After Treatment

Avoid intense physical exercise that causes significant pelvic pressure if you feel discomfort and avoid douching.

Results & Treatment Plan

- Some patients notice improvement after the first treatment, while optimal results typically occur after a series of treatments (*commonly 3 sessions spaced several weeks apart*).
- Results continue to improve over several weeks as collagen remodeling occurs.
- Maintenance treatments may be recommended every 6–12 months, depending on symptoms and goals.

When to Call The Office

- Please contact us if you experience severe pain or burning, foul-smelling discharge, fever or chills, signs of infection, or heavy or persistent bleeding.