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AESTHETICS & WELLNESS

LadyLift Pre 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.

To ensure the best results and minimize the risk of irritation, please follow these guidelines:

1-2 Weeks Before Treatment

- Avoid vaginal treatments or procedures (e.g., vaginal rejuvenation, internal laser, radiofrequency, or energy-based treatments).
- Do not use vaginal creams, estrogen, lubricants, suppositories, or medications unless otherwise directed by your provider.
- Avoid vaginal douching.

48 Hours Before Treatment

- Avoid sexual intercourse (vaginal penetration).
- Avoid tampon use.

Day of Treatment

- Shower as usual.
- Arrive with a clean vaginal area (no lotions, creams, powders, or sprays).
- Wear comfortable clothing.
- You may eat and drink normally.
- Please inform your provider if you:
 - Are pregnant or think you may be pregnant
 - Have an active vaginal infection, yeast infection, UTI, herpes outbreak, or abnormal vaginal bleeding.
 - Recently had pelvic surgery.
- Note: Treatment may be rescheduled if you have an active infection or are menstruating.

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.