



R U M A  
*aesthetics*

# MORPHEUS8V

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Hair should be shaved – not waxed or chemically removed – in the treatment area 2-4 days prior treatment. Remove any jewelry in the treatment area
- The patient should empty the bladder prior to the procedure.
- Treatment area will be cleaned (vulva, vaginal canal, introitus) with disinfecting solution. Ensure that the treatment area is clean and dry from all residue prior to beginning the procedure.
- An exam of the treatment area will be done immediately prior to the procedure to visualize the area that is going to be treated.

### POST-TREATMENT CARE:

- Expect swelling, discomfort, and redness especially at the vaginal opening. These symptoms could last up to a week. You may even experience burning of the tissue with urination and wiping. This is normal and should resolve after 3-5 days.
- You may have slightly blood tinged or yellow discharge as the tissue heals. This is also normal.
- Apply ice for the first 48 hours as needed; 20 minutes on and 20 minutes off.
- Ibuprofen 600mg every 6 hours as needed for discomfort or swelling.
- You will have the option to purchase an additional CO2Lift V to use either the night after the procedure or the following night; refer to instructions included with product; apply just before bedtime and leave on until the next morning. Be sure to apply the product intravaginally with the syringe and then coat the rest on the external treated area. If you would like to purchase additional CO2LiftV treatments as you heal over the next 1-2 weeks, they will be discounted to a price of \$100 each.
- Continue to apply Aquaphor, Vaseline, or Vaniply externally as needed.
- You can also use Dermoplast spray to relieve discomfort after 24 hours.
- Avoid HOT baths for 48 hours. Avoid hot tubs for at least 1 week.
- No intercourse for at least 1 week as the tissue heals. Ok to resume after a week if you do not have any more symptoms and the swelling has improved.
- Do not use tampons or insert anything else internally for 1 week. Panty liners are ok.
- Tight fitting leggings/Spandex are ok if the pressure feels comfortable, but this is not necessary if it is uncomfortable.
- Avoid exercise such as cycling that involves excessive pressure on the pelvic area for 1-2 weeks.
- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- Please notify us if you develop any blisters. Antibiotic ointment can be applied to these areas. We are happy to send in a prescription if needed.
- If you have a history of genital herpes, we recommend Valtrex 500mg twice daily for 3 days. The heat from the procedure can sometimes trigger an outbreak. If you do not have a prescription for this, we are happy to send it in for you.
- Please contact RUMA at 801.529.8628 immediately if there is any indication of infection, excessive swelling, uncontrolled pain, fever, unusual discharge, foul odor, or any other unusual or untoward symptoms.

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call/text us at 801-529-8628.**

**Thank you for choosing RUMA Aesthetics!**