



CO2 Vaginal RejuVANate Laser Treatment Post-Care Instructions

Thank you for choosing Dream Aesthetic for your intimate wellness journey. Following these simple aftercare steps will support your comfort, healing, and best results from your CO2 Vaginal RejuVANate treatment.

What to Expect After Treatment

- Mild **swelling, redness, or warmth** in the treated area is normal and usually goes away in 24–48 hours.
- You may feel a **slight burning or itching** sensation, similar to a mild sunburn.
- Light **watery discharge or spotting** can occur for 1–3 days.

Do's for Healing Comfortably

- **Wear loose, breathable underwear and clothing** for 2–3 days.
- **Use a gentle, unscented cleanser** for hygiene.
- **Apply a soothing barrier ointment** (like Aquaphor or Vaseline) if recommended.
- **Stay well hydrated.** Drinking water helps tissue healing.
- **Avoid hot tubs, pools, or baths** for 3–5 days (showers are fine).
- **Listen to your body.** Mild discomfort is normal, but call us if anything feels concerning.

What to Avoid (for 5–7 days unless directed otherwise)

- **No sexual intercourse.**
- **No tampons or douching.**
- **Avoid vigorous exercise** or activities that cause friction in the area.
- **No saunas or intense heat exposure.**

Healing Timeline

- Most women return to daily routines the same or next day.
- Full tissue remodeling continues for several weeks. You may notice improvements in sensation, comfort, and moisture over time.
- For best results, complete the full treatment plan recommended by Dr. Ortiz.

When to Contact Us

Call our clinic if you notice:

- Fever or chills
- Foul-smelling discharge
- Pain that worsens instead of improving
- Any signs of infection or unusual discomfort

Dream Aesthetic by Dr. Ortiz

📍 20923 Kingsland Blvd, Katy, TX 77450

☎ (346) 539-2104

🌐 www.yourdreamaesthetic.com

📷 Instagram: @dreamaestheticbyDrOrtiz