



**Dream Aesthetic**  
*by Dr. Ortiz*

### **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](http://www.yourdreamaesthetic.com)
- 💻 Instagram: @dreamaestheticbyDrOrtiz