

Post-Treatment Precautions

Labia Minora & Labia Majora Whitening

- 1 For about 1 week after treatment (until scabs naturally fall off), avoid strenuous exercise, swimming, saunas, hot baths, sexual activity, or any activities that generate heat.
- 2 Light showers are allowed from the day of treatment, but avoid exfoliation, scrubs, or oil-based products.
- 3 Swelling, redness, or stinging pain may occur after treatment. If oozing appears, apply the prescribed ointment thinly.
- 4 Do not touch or remove scabs—allow them to fall off naturally (usually within 5–7 days).
- 5 Take all prescribed medications as directed (including topical ointments).