

Post-Treatment Precautions

Vaginal Tightening Laser / Vaginal Filler

- 1** You may return to your daily life after the procedure, but activities that cause excessive sweating, such as strenuous exercise, jjimjilbang (Korean sauna), and hot baths should be avoided for at least one week.
- 2** Showering is allowed starting the day of the procedure. However, avoid using soap or rubbing the treated area directly. Please rinse gently with running water.
- 3** You may experience some swelling in the area of the procedure, and the lower abdomen area may feel stiff or sore due to collagen production.
- 4** You may experience some discharge or bleeding for about a week after the procedure. Use pantyliners or sanitary pads as needed depending on the discharge amount.
- 5** Sexual intercourse is allowed after two weeks to maintain the shape. Please avoid smoking and drinking for 1–2 weeks, as they can cause bleeding or inflammation.
- 6** If you received a vaginal filler, be sure to take the prescribed medication. If the pain worsens, take additional pain relievers or anti-inflammatory medication as needed.
- 7** Perform Kegel exercises for about 5 minutes, 5 times a day, to strengthen the pelvic floor muscles after the procedure.