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Valayza™

Before and After Preparation and Instructions

Prior to the Valayza™ procedure

Here are some tips that may help you shorten your recovery time and decrease your chance of complications.

- Stop smoking for at least two weeks before and one week after the Valayza™ procedure, as nicotine can impair circulation and healing.
- Avoid all intravaginal creams and lubricants and also avoid intercourse if sexually active 24-48 hours prior to the procedure.
- Starting the day before, stay well hydrated, especially the day of the procedure. You do not need to fast.
- Avoid alcohol starting the day before the procedure.
- We recommend that you shower the morning of the procedure.
- You may drive yourself to the procedure and afterwards. There is almost no lingering discomfort!

What to expect during the Valayza™ vaginal laser procedure

The procedure is similar to almost any other vaginal gyn procedure. It is very similar to having a vaginal ultrasound, except for the laser part!

Before the laser is activated, everyone in the room will have to wear special eye protection. This will be provided. The metal wand used might feel cool initially when it is inserted. Some women notice vaginal air puffs during treatment. Some women feel a sensation they describe as “tingling” which might get stronger near the vaginal opening. There may be a slight “sizzle” sound during the laser pulse. There may be a slight odor from the tissue being heated up. This is a good thing! The procedure itself lasts about 5 minutes. You may leave as soon afterwards as you wish.

What to expect after the procedure

Some women may experience a watery discharge or light spotting for a day or two. The vaginal area might feel swollen or full. Do not put anything inside the vagina for 2-3 days. This means no tampons and no sexual intercourse. After 2-3 days, if this area feels normal with no discomfort and no discharge, these restrictions are no longer necessary. Women should be prepared to experience increased vaginal sensation and pleasure following each treatment. Vaginal lubrication may improve and orgasms may become more intense. Plan on a 1 week follow up after the first treatment, and 2 additional treatments about 6 weeks apart.

We welcome your questions

Any concerns you may have will be discussed during your consultation. Please ask us any and all questions you can think of. We want you to feel absolutely safe and be reassured that this procedure is right for you.