

How many sessions are required, and what results to expect?

For the majority of cases, three sessions with a four week interval are sufficient to achieve noticeable results. A maintenance treatment of one session per six months is thus advised after the initial series of sessions to achieve lasting optimal results.

When do I need to see a doctor about the lichen sclerosus?

- If sexual intercourse is painful because of tightening at the entrance of the vagina, the use of lubricants, or sometimes vaginal dilators, will help. If this is an on-going problem or worry, discuss this with the doctor.
- If you are aware of a change in the skin affected by lichen sclerosus or are concerned that you could have a skin condition there, see your doctor.



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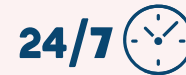
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Functional & Regenerative Gynaecology

Lichen Sclerosus & Lichen Simplex



Are you experiencing...

- Skin around the vagina that is **very itchy** and **sensitive**
- White patches** around the area
- Patchy, discoloured, thin skin**
- Bleeds** if scratched or rubbed
- Experience **pain during intercourse**
- Skin patches become **cracked and sore**
- Itchiness**, which tends to be worse at night and may **disturb sleep**



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Who should get this treatment?

Lichen Sclerosus mainly affects women over the age of 50, however in some cases younger men and women can also experience the condition. It is important to note that Lichen Sclerosus is not contagious and you cannot pass it on to a partner through sexual intercourse.

How does it work?

Laser therapy is an effective solution for women suffering from lichen sclerosis. Laser therapy works by increasing and improving the production of collagen and elastin fibres in the vulva and vagina, eliminating the symptoms of lichen sclerosis. This laser therapy is a quick in-office procedure that provides precision lichen sclerosis treatment, rapid results, and minimal discomfort. Laser treatment for lichen sclerosis and lichen simplex is safe, well tolerated and effective in the adjuvant treatment of Lichen sclerosus with long-lasting effects.



What is vulvar lichen sclerosis?

One of the most common areas that lichen sclerosis affects is the skin around the vulva. Itching occurs frequently with vulvar lichen sclerosis and it may be severe. If the skin breaks or cracks, it can be very sore, and the healing process can tighten the skin. In turn, urination and sexual intercourse are affected if this tightening occurs.

Different skin conditions, itchy infections and persistent scratching can lead to the development of lichen simplex. Itchy skin conditions include eczema, irritant, allergic dermatitis, insect bites, fungal skin infections, varicose veins and psoriasis. The 'itch-scratch cycle' caused by such conditions can lead to lichen simplex in the affected area and is more common in people who feel anxious or stressed.

Lichen sclerosis and lichen simplex treatment with **Fotona SMOOTH** is an innovative laser-based solution that works through a patented thermal pulsing method, utilising the body's own potential to build new collagen and improve the condition of the vaginal mucosa. Lichen sclerosis is a long-term skin condition that mainly affects the skin of the genitals. It usually causes itching and white patches. It's most common in women who've been through menopause.

Lichen sclerosis is a chronic skin condition that can cause itching, pain and discomfort. It is thought to be the result of an underlying autoimmune disorder or hormonal imbalance, and it is more common in people with certain underlying conditions. Treatment for lichen sclerosis is aimed at reducing inflammation and relieving symptoms.