

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

For the majority of cases, three sessions with a one-month interval are sufficient to achieve noticeable results. The results have been shown to be stable up to 18 months post-treatment. After this, they start to slowly diminish. Maintenance treatment of one session per year is thus advised after the initial series of sessions to achieve lasting, optimal results.

Are the results permanent?

A maintenance treatment of one session per year is thus advised after the initial series of sessions to ensure the longevity of your optimal treatment results. In order to achieve the best results, it is recommended that women abstain from sexual intercourse for a period of one week following the treatment.



مستشفى وعيادة دبي لندن التخصصي
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Functional & Regenerative Gynaecology

Pelvic Organ Prolapse



Are you experiencing...

- A **bulge** or a **dragging sensation** in the vagina
- Backache, heaviness** or **discomfort** inside your vagina
- More **frequent** and **urgent** passing of urine
- Difficulty** passing urine
- The **sensation** that your bladder is not emptying properly



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Who should get this treatment?

After childbirth, many women will experience weakening of the pelvic floor muscles. These muscles and their attachments support the pelvic organs and when they weaken, there may be some descent of these pelvic organs into the vagina. This may lead to prolapse of the womb, bladder or rectum into the vagina, producing a lump or lumps. Some women who experience prolapse will show no symptoms and they are therefore unaware that they have the condition. In these cases, it does not affect their life and usually goes away on its own. In many women, however, prolapse of the uterus or vagina produces a feeling of a lump or a dragging feeling. This may affect urinary, bowel or sexual function.

How does it work?

The treatments work by stimulating the body's own regenerative potential. Laser pulses are delivered to the tissue in an optimal, patented laser mode that produces gentle heat pulses in the vaginal mucosal lining, stimulating the formation of new collagen and strengthening vaginal wall support. This laser treatment tightens the tissue and contracts the vaginal canal.



What age group is suitable for this treatment?

Pelvic organ prolapse is common, affecting 1 in 10 women over the age of 50 years. Mild prolapse often causes no symptoms and treatment is not always necessary. Prolapse can affect quality of life by causing discomfort. No special pre-op preparations or post-op precautions are necessary, and you can immediately return to your normal everyday activities.

Fotona SMOOTH laser can offer an entirely non-invasive vaginal laser treatment to address a wide range of vaginal concerns, including vaginal laxity, stress urinary incontinence leading to urine leakage during coughing or sneezing, and symptoms of pelvic organ prolapse and vaginal atrophy.

There are numerous benefits to undergoing laser therapy to treat pelvic organ prolapse. This includes:

- Strengthening of the vaginal tissue and improvement of prolapse
- Laser treatment for pelvic organ prolapse
- Incisionless, minimally invasive
- No anaesthesia needed
- Walk-in/walk-out procedure

Pelvic organ prolapse 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. The end result is functional strengthening and regeneration of pelvic floor support, which is achieved naturally. The treatment helps improve urine leakage and vaginal dryness, improve sexual function, and significantly improve the quality of life in patients who choose not to have surgery.