

## 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.



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## Functional & Regenerative Gynaecology

### Vaginal Atrophy Treatment



### Are you experiencing...

- ☐ **Itching and redness**
- ☐ **Vaginal dryness**
- ☐ **Loss of sensation & sexual satisfaction**
- ☐ **Changes in vagina, urethra and bladder**
- ☐ **Bleeding or discomfort after intercourse**



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## Who should get this treatment?

Vaginal atrophy is a condition that affects many women, especially after menopause. It is caused by a decrease in the hormone oestrogen, which normally keeps the vaginal tissue healthy and moist. Oestrogen levels can drop due to natural or surgical menopause, certain medications, cancer treatments, or other health conditions. When oestrogen levels are low, the vaginal tissue becomes thinner, drier, and more fragile. This can lead to inflammation, irritation, and discomfort in the vagina and urinary tract.

## How does it work?

The specific laser procedures used for vaginal atrophy may vary depending on the individual patient's anatomy and the specific concerns being addressed. The treatment is based on laser-induced, mild, and controlled heating of the vaginal tissue, which stimulates angiogenesis, fibroblast activity, and new collagen formation without thermal or ablative damage. The final result is increased epithelial thickness as well as vascularization of the lamina propria, along with a reduction of symptoms such as dryness, itching, irritation, and dyspareunia.

## What age group is suitable for this treatment?

There are no age limitations for the treatments; they are recommended for adult women of all ages. No special pre-op preparations or post-op precautions are necessary, and you can immediately return to your normal everyday activities.

## What else can cause atrophic vaginitis?

Setting the vagina's natural pH balance by using perfumed products or soaps in your intimate area can irritate the vagina tissues. Some types of medication, such as antidepressants or the contraceptive pill, can also contribute to the loss of oestrogen. Moreover, breastfeeding can lower oestrogen levels.



Vaginal atrophy treatment with **Fotona SMOOTH** is an innovative laser-based solution that helps reshape and regenerate the atrophic vaginal tissue, which in turn helps to stimulate the production of collagen lost during menopause, therefore helping to restore the normal functionality of the vagina. Many women have reported significant reductions in dryness, burning sensations, urinary conditions (recurrent and chronic UTIs) and pain during sex, following laser therapy.

**Fotona SMOOTH** laser treatments are based on a specially engineered, patented laser mode that works by delivering gentle heat pulses to the vagina. This treatment will help strengthen and improve tissue quality, helping you to look and feel your best from the inside out.