

Mona Lisa Touch®

What is Mona Lisa Touch®? The Mona Lisa Touch® is a laser (fractional CO2) that gently acts on the vaginal walls through a special scanner stimulating the healing cells of our body, the fibroblasts, to produce new collagen at the surface thereby returning the vaginal skin to its natural, healthy state. A **tissue regeneration process** lasting numerous weeks is triggered, but stimulation occurs immediately, and significant improvements can be seen even after the first treatment.

What does it treat? The vaginal mucosa becomes more nourished and hydrated, and the top layer (epithelium) becomes thicker, more toned (vaginal tightening) and more elastic. It also reestablishes the correct vaginal pH, which helps maintain its natural protective barrier. This reduces bladder and vaginal infections, burning, itching, dryness, painful sex, and for some, leakage of urine.

What is the treatment like? The Mona Lisa Touch® treatment is done in our office, and it takes about 30 minutes total.

Who is a candidate for the Mona Lisa Touch®? The Mona Lisa Touch® is for any woman who wants to prevent or treat vaginal symptoms due to estrogen decrease which occurs in menopause, after childbirth, after cancer treatment, or after chronic malnourishment such as an eating disturbance like anorexia.

Also, good candidates are those diagnosed with lichen sclerosis. The probe is used externally on the vulva area to stimulate healing of the lesions.

How many treatments will I need? Mona Lisa Touch® initial therapy for vaginal atrophy is three treatments separated by six weeks each. For inflammatory problems such as lichen sclerosis, you may need five to six treatments to achieve the maximal benefit. After this most people will only need one booster treatment per year and others can go even longer between treatments.

Does it hurt? We begin the procedure with applying a numbing cream to the opening of the vagina because the surface tissues are the most sensitive. After this is applied and allowed to penetrate the skin, there is no pain associated with the treatment.

How long does the treatment take? The treatment is about five minutes, but the total including the time for numbing is less than 30 minutes.

How soon will I see results? Every patient is different. Most patients report feeling a difference within the first week, but your maximal effect will be after your third treatment.

How long will the results last? Results will vary from patient to patient based on their individual needs and their body's unique biological response, but on average patients return for a booster treatment every 12 months.

Is there any recovery time? Most women report slight discomfort following the laser treatment and during the first few days after the session. For the first three days, avoid lifting weights, taking a hot bath, having intercourse or strenuous physical exercise. Most women will notice a watery vaginal discharge in the first week after treatment.

What are the risks? There are minimal risks. Most women report temporary side effects, slight redness or swelling and discomfort that usually disappears within the first few days.