



Vaginal tightening *without surgery*

MONALISA TOUCH IS A SURGERY-FREE LASER TREATMENT THAT HELPS TREAT GYNAECOLOGICAL CONCERNS AND RESTORE VAGINAL TISSUE FOR AN ANTI-AGEING EFFECT. CAITLIN BISHOP REPORTS.

The continuing developments in laser technology have seen major advancements in skin enhancement, body contouring and now gynaecology and vaginal rejuvenation and tightening.

MonaLisa Touch, distributed in Australia by High Tech Laser, is a new non-surgical way to treat vaginal atrophy – a condition that causes symptoms including incontinence, poor lubrication, itching, dryness and pain during intercourse. MonaLisa Touch can also be used for aesthetic purposes, to counter the effects of ageing and achieve a rejuvenating effect by restoring vaginal tissue.

'MonaLisa Touch has been developed to help patients suffering from symptoms such as urinary incontinence, painful intercourse, dryness, itchiness, burning, vulval and vaginal pain, prolapse and laxity or looseness,' explains Dr Fariba Behnia-Willison, a gynaecologist from South Australia. 'These symptoms are part of a common condition known as vaginal atrophy. Additionally, because of how the treatment works, it can be used for vaginal rejuvenation.'

The versatility of MonaLisa Touch stems from the technology it uses to improve the genital mucosa and restore proper function in the treatment area. Using laser light, the

MonaLisa Touch probe – which is inserted into the vagina – delivers thermal energy into the deeper layers of the vaginal tissue. This kick-starts the body's natural processes to increase blood flow and stimulate the formation of collagen, which improves the integrity and elasticity of the genital mucosa. This can be effective in alleviating vaginal pain in those patients experiencing gynaecological problems or vaginal atrophy, or in simply tightening the vaginal walls for a rejuvenating effect.

'To put it in simple terms, the MonaLisa Touch procedure stimulates the body's natural processes,' Dr Behnia-Willison explains. 'It creates more hydrated and healthy cells which help to increase vascularisation, hydration and acidity, which are important components of vaginal health.'

According to Dr Behnia-Willison, a treatment to improve vaginal function is sought by a significant number of patients, of many different ages. 'Although many of my patients are going through menopause or are post-menopausal, there are also many younger women suffering from similar symptoms,' she says. 'I have found the treatment particularly effective for women who find it painful to have sexual intercourse.'

MonaLisa Touch delivers thermal heating at specific depths in the tissue to achieve an optimum, targeted result. Also, the fractionated effect means there are areas of untouched tissue left between laser columns. This healthy tissue helps promote healing and reduce downtime after treatment.

‘MonaLisa Touch is a new non-surgical way to treat vaginal atrophy, as well as achieving a rejuvenating effect by restoring vaginal tissue’

'The advantage of the MonaLisa Touch procedure, for both results and safety, is that it uses a fractionated CO2 laser, which means the heat is deposited at the ideal depth in the tissue,' Dr Behnia-Willison explains. 'And because it is a fractional laser treatment it leaves most of the superficial layer untouched, which is important from a safety perspective.'

The treatment itself is non-invasive and requires no anaesthesia. Often, a series of treatments is recommended to achieve the best results. 'MonaLisa Touch is a straightforward and simple procedure. It involves a probe being placed inside the vagina and the fractionated CO2

energy being delivered to the vaginal tissue,' says Dr Behnia-Willison.

'The published research has shown that the best results are obtained from three MonaLisa Touch treatments, performed a month apart. Most patients notice a significant improvement after the first procedure. I also recommend to patients they may need a follow-up procedure every year or so, after the initial course of treatments.'

As with any medical procedure, there are some potential risks with the MonaLisa Touch treatment. 'In my experience, which is similar to that of overseas practitioners, the likelihood of post-treatment complications following a MonaLisa Touch treatment is minimal,' she says. 'The worst side effect I have seen has been some mild discomfort for 12 to 24 hours following the procedure, but this is in only a handful of patients and I have now performed more than 1,000 MonaLisa Touch treatments.'

Whether you're looking to relieve the symptoms of vaginal atrophy, or seeking a rejuvenating effect, MonaLisa Touch is a viable option, backed by clinical research and a history of success in a gynaecological setting.

'Almost all of my patients notice a significant improvement following the MonaLisa Touch procedure – some have even described the treatment as life-changing,' says Dr Behnia-Willison. 'I hope it becomes the new standard of care for the many women suffering from these often painful symptoms that can affect their everyday life. It certainly has in my practice.' **csbm**