



LASERS

LASER VAGINAL REJUVENATION

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Background: Laser vaginal rejuvenation is a minimally invasive Fractional CO₂ laser procedure for woman with Vulvo vaginal atrophy (VVA) , vaginal laxity and for the enhancement of sexual functioning. It has also been proposed for woman with Urge and Stress urinary incontinence. CO₂ stimulates collagen/elastin contraction, neocollagenesis, and neovascularization.

Aim: To Study the efficacy of CO₂ laser in improvement of Vulvo vaginal atrophy, Stress Urinary Incontinence, Urge Incontinence and Sexual functioning.

Materials and Method: 26 patients who were in the Menopausal transition to post menopausal age group who presented with any one of the above mentioned complaints were enrolled in our study. Prior to treatment, a vaginal examination was performed to ensure patient eligibility for treatment and to determine the Vaginal Health Index Score (VHIS), Subjective evaluation of VVA symptoms was provided using the visual analog scale (VAS) and the Vaginal tightening and patient satisfaction was assessed. They also took a questionnaire regarding their sexual functioning. FSFI. They underwent 3 sessions of CO₂ laser at 1 month interval.

Results: Significant improvement in Vulvo-vaginal atrophy was noted after 12 weeks which was observed in vaginal elasticity, fluid volume, epithelial integrity and patients noted reduced intensity of vaginal symptoms, such as vaginal burning, dryness, itching, and dyspareunia which was confirmed by improvement in VHIS and VAS. There was subjective improvement in some patients for SUI and UI as per patient feedback. Patients also noted a significant improvement in Quality of life and sexual functioning as there was improvement in FSFI and Doman scores (ie, desire, arousal, lubrication, pain, orgasm, satisfaction).

Conclusion: Fractional CO₂ laser treatment definitely improved symptoms associated with Vulvovaginal atrophy, Stress and Urge Urinary Incontinence, Sexual functioning and overall quality of life. Although various parameters and long term results are yet to be noted, the treatment gives satisfying, non-surgical, out-patient, non-hormonal treatment for vaginal health.

