**What is MonaLisa Touch?**

MonaLisa Touch uses **fractional CO2 laser technology**, to rejuvenate and address various vaginal health issues.

**Key Mechanisms:**

1. **Collagen Stimulation**: The laser promotes the production of new collagen, which helps restore the elasticity and thickness of the vaginal walls.
2. **Improved Hydration**: By stimulating tissue renewal and enhancing blood flow, the treatment increases natural moisture levels, reducing vaginal dryness.
3. **Restoration of Vaginal Health**: The treatment helps restore the vaginal tissue to a more youthful state, improving overall vaginal tone, flexibility, and lubrication.

**Conditions Treated by MonaLisa Touch**

MonaLisa Touch is primarily used to address the following conditions:

1. **Vaginal Atrophy** (also known as atrophic vaginitis):

Common in postmenopausal women due to reduced estrogen levels.

1. **Genitourinary Syndrome of Menopause (GSM)**:

A collection of symptoms that includes vaginal dryness, irritation, and urinary issues, often caused by estrogen deficiency.

1. **Dyspareunia**:

Painful intercourse caused by dryness or thinning of the vaginal walls.

1. **Postpartum Vaginal Changes**:

After childbirth, some women experience vaginal laxity or dryness due to hormonal changes.

1. **Women Who Cannot Use Hormone Replacement Therapy (HRT)**:

MonaLisa Touch is a viable option for women who are unable to use estrogen creams or hormone replacement therapies due to health concerns (e.g., breast cancer survivors).

**The MonaLisa Touch Procedure**

The MonaLisa Touch treatment is quick, typically taking **5 to 10 minutes** per session, and is performed in a doctor’s office. Most women require **three treatments**, spaced **4-6 weeks apart** for optimal results, with one session every year for maintenance.

Many patients report an improvement in symptoms such as vaginal dryness, discomfort, and urinary issues after the first treatment. However, maximum benefits are typically seen after the full course of treatments.

After the session, patients can resume normal activities immediately, although they are typically advised to avoid sexual intercourse, tampon use, or intense physical activity for a few days to allow the tissue to heal.

**Benefits of MonaLisa Touch**

1. **Non-Hormonal**: A great option for women who want to avoid hormone replacement therapy, especially those with a history of hormone-sensitive conditions (like breast cancer).
2. **Non-Invasive**: Unlike surgical options for vaginal rejuvenation, MonaLisa Touch is minimally invasive and does not require incisions or downtime.
3. **Quick and Painless**: The procedure is quick (around 5-10 minutes), with minimal discomfort reported by most patients.
4. **Minimal Downtime**: Patients can resume daily activities immediately after the treatment.
5. **Long-Lasting Results**: The effects of MonaLisa Touch can last up to a year, with many patients requiring only one maintenance treatment annually.