FAQs

# VAGINAL TIGHTENING TREATMENT

* 1. **What is a FemiLift?**

Vaginal tightening is an innovative, pain-free, and non-surgical procedure in which a laser is used to stimulate collagen growth in the vaginal tissues. This will improve the vaginal tone, leading to the improvement of stress urinary incontinence, vaginal soreness, and dryness.

* 1. **What is Stress Urinary Incontinence?**

Stress urinary incontinence is an involuntary condition where urine leaks when your bladder is under pressure, such as when you cough or laugh. There are several causes of stress urinary incontinence, including: Damage during childbirth, increased pressure on your stomach caused by pregnancy or weight, certain medications, such as blood pressure-lowering drugs, antidepressants, and sedatives

* 1. **Is it Safe?**

Vaginal tightening is a very safe, FDA approved, treatment. The CO2 lasers have been used for the past 30 years, proving to be safe and effective for several applications, such as

Gynecology. To ensure optimum safety and results, it is mandatory that only a trained doctor uses the equipment.

* 1. **How Long after Birth, Can I undergo a vaginal** **tightening?**

If you are worried about the effect of childbirth may have on your vaginal wall, a vaginal tightening may provide you with the painless solution you are looking for. After giving birth, it is recommended to wait at least three months to ensure that any scars from tears or episiotomy have had the chance to heal and that the vaginal tone has had time to recover naturally.

* 1. **What are the Advantages of a vaginal** **tightening Treatment?**

A pain-free procedure that requires no anesthetic

An effective treatment – this advanced laser vaginal resurfacing treatment helps tighten the vaginal tissues without harming the surrounding areas. It has been developed by experts through years of research and study.

Fast results – the treatment takes less than 30 minutes, with patients noticing vaginal tightness and a reduction in leakage after the very first treatment no downtime or side effects

* 1. **How Many Treatments Do I Need?**

Each patient experiences a different level of vaginal laxity, but three treatments spaced about four weeks apart is recommended for optimal results. Additionally, one maintenance treatment every year thereafter is recommended.

* 1. **What to avoid after vaginal tightening?**

After the FemiLift procedure, it is recommended to avoid sexual intercourse and tampons for five days to allow healing to take place.

* 1. **What can women expect after the vaginal tightening treatment?**

Since increasing vaginal tightness is the goal of the vaginal tightening procedure, patients should expect vaginal tightness after the treatment. No other side effects should be expected. Any woman looking for enhanced sexual sensation, for both herself and her partner.

Breast cancer survivors that can’t be treated with hormones for any of the above indications.

* 1. **How long does one treatment take?**

Each vaginal tightening treatment lasts approximately 15 to 20 minutes. Your appointment will take about 30 minutes.

* 1. **When should the patient see the results after the procedure?**

Most patients can sense a healthier, tighter vaginal wall immediately. However, the natural repair process will continue to progress during the weeks following the vaginal tightening

Treatment. Collagen remodeling takes time and will continue to progress months after treatment. It is after the third treatment that patients should get their maximum benefit.

* 1. **How long will the results of the treatment last?**

As long as the patient follows the instructions of the medical provider, the results are long-lasting, usually several years. Patients are instructed to perform Kegel exercises at home to further expedite and enhance the ongoing tissue remodeling and collagen contraction occurring after treatment.

* 1. **Does the vaginal tightening treatment hurt?**

Patients will feel comfortable and relaxed during the vaginal tightening procedure. The procedure is painless but we can give you a topical anesthetic if needed. Patients report almost no discomfort during or after the procedure.

* 1. **When can patients resume normal activity after the procedure?**

Patients can resume normal activity immediately after the vaginal tightening treatment, with a couple exceptions. Patients should not have vaginal intercourse or use a tampon within three days after treatment or longer if instructed by the medical provider.

* 1. **How common is vaginal laxity?**

Nearly half of all women who have had vaginal childbirth have some level of concern over vaginal looseness. A worldwide study conducted by OBGYNs recently revealed that vaginal laxity is the number one concern of women after childbirth, even more so than weight gain and stretch marks. Many other middle-aged women experience urinary incontinence and vaginal laxity as a result of the aging process. With the vaginal tightening procedure, women have a pain-free, non-surgical answer to vaginal laxity.

* 1. **What to do befoe/after treatment?**
* **Hydrate**- We recommend that for seven days pre-treatment you moisturize skin in the morning and evening, drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
* **Vaginal health screening**- Have an up-to-date, normal PAP smear done within one year prior to treatment.
* **Menstruation**- No active menstruation at time of treatment.
* **Shaved-** Please have pubic hair fully shaved.
* **Over the Counter Medications**- Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment. Inform your provider if you are taking blood thinners or regularly take aspirin or Ibuprofen.
* **Sun exposure**- No tanning bed or self-tanners for four weeks prior to treatment.
* **Prescription Medications**- We will provide you with an antiviral prescription to fill and take before your appointment to decrease the risk of a herpetic outbreak. Take your first tablet 24 hours before your treatment and follow instructions on the bottle. Take other medications that may be prescribed for anxiety or pain management as instructed on the bottle. Stop taking prescription medications that may increase the risk of bruising as instructed and in coordination with your physician.
* **Over the Counter Medications**- Avoid aspirin, Motrin and Ibuprofen for one week prior to your treatment. Inform your provider if you are taking blood thinners or regularly take aspirin or Ibuprofen.
* **Supplements**- Avoid fish oil, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other supplements one week before treatment.
* **Alcohol**- Avoid alcohol for two days prior to treatment.
* **Accutane**- Inform your provider if you have taken Accutane (oral acne medication) in the past year.
* **Ice Packs**- Store ice packs in your freezer for use after you get home from procedure.
* **Secure a ride for after treatment**- You must secure a ride home if you choose to take pain and/or anxiety medication.

**16.POST TREATMENT INSTRUCTION**

* You may experience temporary erythema (redness) and edema (swelling), mild bleeding, tissue retraction, as well as heat and tightening sensations for up to a few hours after the treatment.
* Treatment Area- Wash your skin with a gentle cleanser twice a day and pat dry (do not scrub).
* You may notice light spotting, mild burning, itching, swelling or mild cramping for a few days.
* Do not have intercourse for 1 week.
* Do not insert tampons or anything else into the vagina for 1 week.
* Do not use a douche, cleanser, suppositories, or any other products in the vagina for 1 week.
* No Jacuzzis, tub baths, or swimming for 1 week.
* No tanning beds or self-tanning cream for 1 week.
* No heavy exercise for 1 week.
* At-Home Care- Apply hydrocortisone cream as needed for itching.
* Apply antibiotic ointment as needed for any sores or irritated areas.
* You may apply an ice pack as needed for discomfort (no more than 10 minutes per hour with cotton barrier).
* Hydration and comfort-Keep yourself well hydrated.