

MONA LISA TOUCH LASER

GENERAL PATIENT INFORMATION and FREQUENTLY ASKED QUESTIONS

What is the Mona Lisa Touch (MLT) Laser ?

Carbon dioxide microablative laser therapy (CDML) is an emerging therapy to restore health to vaginal tissue. MLT is the name of the laser unit developed at San Raffaele Hospital in Milan, Italy. The name is a nod to the enigmatic painting by the Italian artist Leonardo DaVinci. It was FDA approved in November 2014. Women's Healthcare of Princeton was one of the first sites in the US to utilize this technology.

What is it used for?

MLT is used to treat vulvovaginal atrophy (VVA), a chronic, progressive condition caused by a lack of estrogen usually due to menopause, but it can occur before menopause from premature ovarian failure, chemotherapy or other medications, and after pregnancy. In VVA, vaginal and vulvar tissue thins and loses elasticity. There are fewer blood vessels to supply nutrients and water to cells. The vaginal opening may become constricted and vaginal length can shorten. The vaginal pH rises which can lead to genital and urinary tract infections. Even urinary function can be affected by VVA. Symptoms include dryness, itching, bleeding, pain with intercourse, and urinary dysfunction. Other conditions it is used for include painful intercourse, vaginal dryness, lichen sclerosus, vestibulodynia, urinary incontinence, and recurrent UTI'

How does it work?

The laser supplies light energy to the vaginal walls, targeting water under the surface. Hundreds of tiny "pin pricks" are "stamped" 360 degrees around the full length of the vagina. These are very superficial and painless, but they stimulate a healing response. Special proteins stimulate development of new blood vessels, moisture-making cells, and fibroblasts, which produce new collagen.

What type of results can I expect?

Nearly all treated patients report a reduction in dryness, burning sensation, pain during intercourse, and urinary symptoms which contributes to a substantial improvement in quality of life. You may notice increased normal vaginal discharge as vaginal tissue becomes healthier. Patients treated for external vulvar conditions see less burning, itching, and pain.

Where can I have this done?

The MLT is an in-office procedure done in our office. Women's Healthcare of Princeton (WHP) was one of the first practices in the country to adopt this technology and Dr. Sophocles has performed more procedures than any other physician on the East Coast. Her expertise has been recognized by the manufacturer who has chosen WHP as one of only 5 training sites in the nation for new users.

Does the procedure hurt?

The procedure is virtually painless and requires no anesthesia. Some patients may experience some discomfort the first time the probe is inserted, but the actual treatment is not painful. We recommend trimming long pubic hair

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prior to the procedure. We can apply topical anesthetic if necessary for patients who receive treatment to the vulva.

How long does it take?

The actual treatment takes less than 5 minutes.

When will I see results?

Most patients feel improvement after the very first treatment, although the protocol is three treatments over a 12 week period.

How long do the benefits last?

Patients should expect to come back annually for a single maintenance treatment, although some patients may not need any further treatment. Use of vaginal or oral medication may prolong the results and the benefits of CMDL.

What are my limitations after the procedure is done?

We ask that you refrain from sexual activity for 2-3 days.

Are there any post procedure side effects?

You may experience slight spotting or mild discomfort for 1-2 days.

What are other options to treat VVA?

Lubricants, vaginal estrogens or an oral, non-hormonal treatment are commonly used. Lubricants decrease friction but do not heal or improve tissue. These can be used in conjunction with MLT.

Are there any contraindications?

If you have an active genital infection such as herpes or yeast, please let us know. We recommend treatment prior to the procedure.

Is this the same as "vaginal tightening" or "vaginal rejuvenation"?

No, it is not. This is not a cosmetic or medical aesthetic procedure. This is sophisticated medical technology to treat VVA.

How much does it cost?

The three treatment regimen costs \$2850. You will also have an office visit with each treatment and a copay will be required.

Is the procedure covered by insurance?

It is currently not covered by insurance. However we have found ways to make it easier to afford the procedure. Please speak with our Practice Manager for details.

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