**RejuVAnate CO2 Laser Treatment**

**Procedure**

The CO2 fractional laser gently and painlessly acts on the vaginal walls through a special scanner. This action creates indistinguishable micro-lesions that are required for the production of new collagen which reorganizes and re-equilibrates the components of the vaginal mucosa and the urogenital structures.

**Results**

A tissue regeneration process lasting numerous weeks is triggered with each laser treatment. Significant improvements can be seen even after the first treatment: the vaginal mucosa becomes more nourished and hydrated and the epithelium becomes thicker, more toned and elastic. The correct vaginal pH becomes re-established, which helps maintain its natural protective barrier and reduces the risk of infection. Enhanced vaginal tissues at the urethral opening may reduce problems with incontinence and improve sexual function. However, laser vaginal rejuvenation in itself cannot guarantee a heightened sexual response, since desire, arousal and orgasm are complex, highly personal responses.

Frequently Asked Questions

**Are there any risks?**

Most women report temporary side effects of slight redness, itching or swelling. Pain or discomfort usually disappears in few days. Less common risks include; temporary discharge, pain, internal scarring, reactivating hsv, difficulty detecting vulvar carcinoma, and tightness.

**How many treatments are recommended?**

For best results, we recommend 2-3 treatments that are 4-6 weeks apart, followed by one treatment annually.

**How long do the effects of the treatment last?**

The results are immediate, even after the first treatment and improve over subsequent months. The regeneration process that it triggers may fade over time, when it may be advisable to repeat the treatment.

**What do patients experience during treatment?**

Patients may experience a slight pressure against the vaginal wall and increased sensitivity near the vaginal opening.

**How is the recovery?**

Most women report slight localized discomfort following the laser treatment and during the first few days after the session. Usually, they are able to resume their normal routine after 1-3 days.

**When can I resume sexual activity?**

Intercourse should be avoided in the first 3 days after the treatment.

**Laser Vaginal Rejuvenation Post Care**

* Refrain from intercourse, tampon use, exercise, heavy lifting, or straining during the first 3 days.
* You may shower or bathe after these procedures. Do not put any products in or around the treated area unless directed by provider.

**WHAT TO EXPECT:**

* There should be little to no discomfort after these procedures.
* With external treatments, mild swelling, itching and redness may occur.
* You may experience urinary symptoms of urgency or difficulty with urination, which is temporary.
* Spotting may occur.
* There may be watery or grey discharge for 1- 2 days.
* You should expect to see results in 3 weeks to 3 months; multiple treatments may be required.

**WHEN TO CALL:**

* If you have increased swelling, bruising or bleeding.
* If you have any yellowish or greenish drainage, or notice a foul odor, or have reactivation of HSV.
* If you have pain that is difficult to control with Tylenol and cool packs.

Vaginal Rejuvenation Laser Treatment

I agree to a vaginal laser treatment by Christine Lange RN, BSN using the RejuVAnate C02 laser. I understand and have been explained the following as part of this procedure or procedures:

As part of the laser treatment, the vaginal walls will absorb energy, causing localized damage to the soft tissue in that area. This results in the soft tissue producing new collagen. As this collagen reproduces, vaginal health is promoted through mucosal and vascular rejuvenation. I realize this procedure typically requires from 2-3 treatments for the best results.

The nature and effects of the procedure, the results, as well as alternative methods of treatment have been fully explained to me by the medical personnel.

I understand and agree that no guarantees of any results have been promised by anyone related to my procedure.

I agree to wear the provided protective eyewear during the procedure, and to follow all instructions during my treatment, as well as aftercare. I understand that I should refrain from strenuous exercise and sexual activity for at least three days following treatment. I also agree not to apply any topical ointment in the vaginal area unless specifically prescribed or advised by my provider.

I understand that having a recent clear Pap Smear within the last year is recommended, and that it is required to have had a clear Pap Smear screening within the last 3 years per the USPSTF recommendations.

I understand that I will not be sedated or under anesthesia during my treatment.  
The following is a list of contraindications for vaginal laser therapy, meaning that if these situations exist or apply to me, I should not receive vaginal laser therapy:

**CONTRAINDICATIONS**

Vaginal, cervical or other lesions in the treatment area that have not been evaluated and diagnosed

Active vaginal or vulvar infection (herpes, STDs, etc)

Pregnancy or within 3 months postpartum

Prolapse

History of radiation to vaginal/colo-rectal tissue

History of reconstructive pelvic surgery with mesh

History of impaired wound healing

History of keloid formation

I agree that none of these contraindications apply to me.