

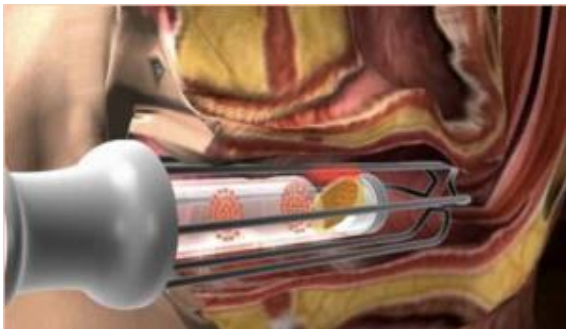
## VRS (vaginal relaxation syndrome) can give rise to

- Vaginal Irritation, dryness, itching, burning & pain at sexual intercourse
- Low vaginal pH, making the environment open to infection
- Stress urinary incontinence (SUI), a socially debilitating problem

It is caused by laxity of tissues in ageing, especially post-menopause and is experienced by most women, to varying degrees - aggravated by the stretching caused by pregnancy and childbirth and also from pressure with excess weight.

SUI is now treated by an in-clinic day surgery to insert a tape that supports the urinary outlet angle, and vaginal / pelvic floor repair can be done for organ prolapse and to restore tightness. Though a mainstay for severe stages of such problems, these are surgical options.

**The latest Er-YAG laser (“Petit Lady”)** now offers painless, **non-surgical** vaginal tightening by inducing sub-mucosal collagen contraction and regeneration, strengthening vaginal mucosa and narrowing diameter of the vaginal cavity – especially when mild to moderate. Collagen is the protein essential for strong connective tissue in all parts of the body including the vagina. Further, just as our skin gradually loses moisture and elasticity, so does the vaginal mucosa itself – and this is restored.



It gives a reasonable solution when pelvic floor exercises do not help further. Each session (of 2 to 4 for maximum effect) is 20 mins, giving immediate contraction. The laser beam is directed in 360 & 90 deg fashion, enabling precise layer targeting without unwanted collateral effect.

### Procedure:

- We will clean the vagina of secretions prior to laser. For comfort, clear your bladder first.
- There is no discomfort or pain and you can resume normal daily routine after that, with the exception of abstaining from sex for a few days.
- Results usually show in a few days with collagen build-up and, with another 2 to 3 treatments, this progresses over 3-6 months for best possible result – at the same time, restoring the elasticity and moisture producing properties originally existing in the vagina.
- Both you and partner should experience improved sexual gratification subsequently.
- SUI improves, enhanced by simply practicing intermittent interruption of urination.
- With further ageing, maintenance treatment may be needed, say, yearly.

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