

MonaLisa Touch Frequently Asked Questions

The Issue

Even with the passage of time, many women still retain their youthful energy and enthusiasm, but post-menopausal changes can affect a woman's quality of life in unexpected ways. Now, there is a gentle laser therapy that can help millions of women who are silently suffering.

What is the MonaLisa Touch?

It is a medical laser that delivers controlled energy to the vaginal tissue to revitalize the cells in the vaginal tissue. By doing so, these cells will then make more collagen. The treatment improves the state of the mucosa that lines the vaginal walls through mini-invasive laser-assisted procedures. The MonaLisa Touch was first available outside the US where thousands of patients have been treated worldwide.

How does it work?

The MonaLisa Touch uses gentle laser energy that is delivered via a side-firing probe inserted into the vaginal canal. A two-part pulse targets surface (epithelial) tissue and deep (lamina propria) tissue to promote vaginal mucosal revitalization.

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. Many patients report that it feels like a gentle vibration.

How long does this procedure take?

The actual treatment takes just a few minutes. You can expect the treatment appointments to take around 15-20 minutes and the initial private complimentary consultations around 20-40 minutes.

How will my recovery be?

Most women report slight localized discomfort following the laser treatment and during the first few days after the session. Many have reported to have resumed their normal routine after one to three days. During the healing period, it may be recommended to avoid lifting weights or some activities, such as taking a hot bath, or physical exercise.

What are the benefits of this procedure?

The MonaLisa Touch allows for functional restoration of the vagina, which helps fight and reduce symptoms related to vaginal atrophy, a widespread problem among pre and post-menopausal women. This treatment can eliminate troublesome itching, irritation and pain, which become particularly acute during intercourse. The interaction with the laser is, in fact, the ideal method to stimulate the collagen contained in the vaginal walls for the rehydration and functional tissue restoration. Its beneficial action can contribute to improve self-confidence and sexual pleasure.

When will I see results?

Most patients feel improvement after the very first treatment, although the procedure calls for three treatments that are generally spaced over an 18-week period.

How long does it last?

Patients should expect to come back annually for a maintenance treatment in order to make the results last over time.

What are my limitations after the procedure is done?

We require all patients should refrain from sexual activity for 48 hours.

For which patients is this treatment appropriate?

For any woman with vaginal atrophy or decline in estrogen, as well as those who are experiencing symptoms as a result of a hysterectomy or breast cancer treatments. MonaLisa Touch is the ideal treatment for those who are looking for a less invasive procedure, compared to traditional surgical or pharmaceutical treatments.

Is this procedure safe for women with breast cancer?

Yes, the MonaLisa Touch therapy is particularly well suited for patients who cannot, or prefer not to receive estrogen therapy.

What are the risks associated with these treatments?

There are some minimal risks. The treatment is performed on an outpatient basis. Most women report temporary side effects, slight redness or swelling, some discomfort that usually disappears in one or two days.

Can the MonaLisa Touch be used on the outside of the vagina as well?

Yes, this laser therapy can be used on the labia and vulva to resolve vulvar itching, burning, and dryness and to achieve a firmer and more youthful appearance of the vaginal area.