



# MONALISA TOUCH

## for vaginal rejuvenation

MONALISA TOUCH UTILISES A FRACTIONAL CO2 DOT THERAPY LASER TO RESTORE VAGINAL TISSUE FOR AN ANTI-AGEING EFFECT, MAKING IT A VALUABLE ADDITION TO A COSMETIC PRACTICE. WORDS BY CAITLIN BISHOP.

From being a taboo subject, vaginal rejuvenation has lately become a public secret. With women living longer lives, in a time where quality of life has become so important, more patients are open to treatments that improve vaginal health and enhance their lifestyle choices.

MonaLisa Touch, distributed in Australia and New Zealand by High Tech Laser, is a new non-surgical way to treat vaginal atrophy – a condition that can result in incontinence, poor lubrication, itching, dryness and pain during intercourse.

It is a simple procedure and the device requires no consumables, making it an attractive addition to an aesthetic practice.

### How does it work?

The versatility of MonaLisa Touch stems from the technology it uses to improve the genital mucosa and restore proper function in the treatment area. Using a specifically modified pulse shape of fractional CO2 laser energy that is suited to the vaginal mucosa, the MonaLisa Touch probe – which is inserted into the vagina – delivers thermal energy into the deeper layers of the vaginal tissue.

The physiological mechanisms underlying these regenerative phenomena are due to the specific thermal effect caused by irradiation with the fractional CO2 laser - the particular emission characteristics of the vaginal probe mean the energy load can be transferred to

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### INDICATIONS FOR TREATMENT

- Vaginal Itching & Burning
- Vaginal Laxity
- Incontinence & Urinary Urgency
- Mild-To-Moderate Prolapse
- Vaginal Dryness & Loss Of Lubrication
- Recurrent Thrush & Urinary Tract Infections
- Vaginal & Vulval Pain
- Dyspareunia / Pain During Intercourse
- Loss of vaginal rugal folds

the mucosa, thereby preventing excessive localised thermal damage.

The treatment itself is non-invasive, requires no anaesthesia, and can be performed in less than five minutes. Often, a series of treatments is recommended to achieve the best results.

“MonaLisa Touch is a straightforward and simple procedure. It involves a probe being placed inside the vagina and the fractionated CO2 energy being delivered to the vaginal tissue,” explains Dr Fariba Behnia-Willison, a gynaecologist from South Australia.

“In my experience, which is similar to that of overseas practitioners, the likelihood of post-treatment complications following a MonaLisa

Touch treatment is minimal,” she says. “The worst side effect I have seen has been some mild discomfort for 12 to 24 hours following the procedure, but this is in only a handful of patients and I have now performed more than 2,500 MonaLisa Touch treatments.”

MonaLisa Touch represents a positive investment for any practice. It has no consumables, offers time-effective results and generates an effective return on investment. Most importantly, MonaLisa Touch affords satisfactory results to a growing patient population. **AMP**

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### MODE OF ACTION

Vaginal mucosa consists of vaginal epithelium and lamina propria.

- The vaginal epithelium is a multilayered, non-keratinized squamous epithelium. It regenerates thanks to a dynamic process that starts with the proliferation of the cells of the stratum basale and ends with the shedding of the most superficial cells.

- The lamina propria lies below the epithelium and is arranged in papillae. It consists of connective tissue, rich in collagen and elastic fibres. It contains vessels, mostly capillaries, and lymphocytes while there are no glands. It is responsible for the support and trophism (nutrition) of the vaginal lining and is fundamental for the architecture of the vaginal wall.

During menopause, the mucosa presents a particular condition with fibrocytes that are metabolically quiescent, as opposed to fibroblasts, and is therefore unable to actively produce hyaluronic acid and other molecules necessary for an adequate glycoprotein ground matrix. This can result in a dry mucosa, with low water content in the connective tissue, meaning it is less nourished and therefore more fragile and prone to infection.

The purpose of treating vaginal atrophy is to promote and recover pre-menopausal metabolic activity by means of a new synthesis that consists of collagen, hyaluronic acid, glycosaminoglycans and proteoglycans. This results in a hydrated and turgid mucosa which then functions as healthy, younger tissue.