

TREATMENT OF THE GENITAL AREA BY FRACTIONAL LASERS

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Fractional lasers (CO₂ or Erbium-YAG) have long been used in dermatology to treat photoaging, wrinkles and scars, among other conditions. Their effects and after-effects are well known and controlled.

More recently, they have been used on the genital area, but the "pro-healing" principle is the same: heating the mucosa in the form of microwells separated by intervals of healthy mucosa. This stimulates fibroblasts and collagen synthesis, and improves mucosal trophicity (thickness and quality), vascularization, elasticity, vaginal pH balance and flora.

Progress of the session:

All local treatments should be discontinued at least 48 hours before laser treatment.

The practitioner will insert a cylindrical handpiece into the vagina and then begin laser treatment, gradually withdrawing the handpiece. The laser shots are generally barely felt, if at all, until the last few centimeters, which may be more sensitive, with a sensation of tingling and heat depending on the parameters. An external pass over the vulval mucosa is sometimes necessary afterwards.

The entire procedure takes 10 to 20 minutes.

The number of sessions varies: often 3 sessions at 1-month intervals, then about once a year, but your doctor will work with you to decide on the treatment plan best suited to your symptoms.

As the effects are not immediate, results can be estimated 4 to 8 weeks after each session, but improvement can continue for up to 6 months afterwards.

Non-exhaustive contraindications to be evaluated with your doctor:

- Pregnancy
- Ongoing genital or urinary tract infections. Tell your doctor about any history of genital herpes.
- Significant genital prolapse
- Ongoing or uninvestigated genital hemorrhage.
- The procedure cannot be performed during menstruation.

Side effects

Treatment may sometimes cause slight bleeding for 24-48 hours.

The patient may feel a sensation of edema and warmth for an average of 1-3 days, depending on the parameters used.

An increase in physiological losses may sometimes be observed.

Very moderate burning may be felt for 24 hours when passing urine. If these symptoms persist, you should inform your doctor, as a few cases of urinary infection have been reported in the week following laser treatment, necessitating antibiotic treatment.

If you've already been in contact with the genital herpes virus, it may be reactivated by the treatment and require prevention.

Care after the procedure

They are recommended for about a week.

Soft underwear is preferable.

Washing should avoid friction and aggressive cleansers.

We recommend suspending for about a week :

- bathing (bathtub, pool, sea, jacuzzi, etc.)

- sexual relations

- certain local treatments, especially local corticoids. To be discussed with your doctor.

However, a healing cream may be recommended.

The treatment is not covered by social security.

No sick leave can be prescribed for this procedure.

The doctor who gave you this information sheet is at your disposal for any further information you may require.

This information sheet recommended by the French Laser Society can be given to you by your dermatologist. Even if it is not sufficient to have an estimate, it helps to give the patient a clear information.

The information consultation provides clear explanations on expected outcomes, side effects and possible complications. There are not any reimbursement from social security or medical leave for these aesthetic treatments. Prices are mainly based on the area to be treated. The total cost is to be evaluated with the patient and is the subject of a signed quote.

A post-operative order and an advice sheet are given to the patient with the doctor's contact information.