

What should I expect at my appointment?

- Prior to treatment, a topical numbing agent will be put on the area to help with any external discomfort. There is zero pain experienced with the internal treatment.
- After a few minutes, the topical cream will be removed and a vaginal probe is inserted into the patient's vagina. It delivers gentle, virtually painless laser energy to the vaginal wall, stimulating a healing response.
- Then, depending on the patient's condition and symptoms, an external probe is used to treat the surrounding vulvar area.
- After the procedure is complete, you will be given a small ice pack that you can use on the way home.
- We recommend waiting until the following day to shower, and you will need to apply Aquaphor or Vaseline externally for a few days to help with the healing process.
- Ibuprofen can also be taken for any discomfort, but most women go right back to their daily routine without any trouble. Mild bleeding may occur for the first few days.
- The only other recommendation is no intercourse for a week to also ensure proper healing.
- Many women report symptom relief after the very first treatment, and even greater improvement after treatments 2 and 3!



Laura Foot, MD

Dr. Foot is one of only three female urologists in the state of Utah. When she learned about the MonaLisa Touch in 2016, Dr. Foot knew she wanted to incorporate it into her practice to help her many female patients with urinary issues such as urgency, frequency, stress incontinence, and recurrent UTIs/bladder infections. She has since treated over 3,000 women (and counting) and has seen great success for her patients.

Call for an appointment:

801.773.4865

www.tannerclinic.com/provider/laura-foot-md/

www.monalisalaserutah.com

MonaLisa Touch

Vaginal and Vulvar Laser Treatment

Laura Foot, MD - Tanner Clinic

 **TANNER
CLINIC**

What is MonaLisa Touch?

MonaLisa Touch is a specially formulated laser treatment used to stimulate the growth of new collagen and elastin fibers in the vaginal and vulvar areas. This rejuvenated skin can lead to the improvement of several female gynecological conditions.

This minimally invasive and painless treatment is now the most effective non-surgical and non-pharmacological solution for treating and preventing vaginal atrophy and its after-effects, which many women suffer from after childbirth and during menopause.

Treatment is three, 5-minute sessions, at 6-week intervals.

- In-office procedure
- Requires no anesthesia
- Minimal side effects
- No downtime
- Annual follow-up treatment once a year *

* Your doctor will determine if follow-up treatments are required.

What are the symptoms of atrophic vaginitis?

- 1. Pain during sexual intercourse (dyspareunia)**

Because an atrophic vagina is thin and fragile, dry/unlubricated sexual intercourse may be very painful, which is a condition known as dyspareunia. Dyspareunia can also be caused by pain in the perineal region caused by scarring of the episiotomy or after a laceration from a spontaneous delivery.
- 2. Urinary incontinence**

Urinary incontinence is one of the most common feminine problems in women over 35 years of age. Although urinary incontinence is a complex problem that requires careful diagnosis by your doctor, its symptoms are frequently ignored due to the embarrassment and shame.
- 3. Vaginal discomfort**

Women suffering from atrophic vaginitis frequently experience vaginal discomfort that feels like excessive dryness or burning within the vagina.
- 4. Recurrent urinary tract infections (UTIs)**

UTIs are considered recurrent if you have three or more confirmed infections per year. Symptoms of a UTI include bladder discomfort and burning, cloudy and/or foul smelling urine.

Am I a good candidate for MonaLisa?

Patients suffering from vaginal atrophy (including painful intercourse, urinary incontinence—such as urgency, frequency and nighttime waking—and frequent UTIs/bladder infections) can all see improvement from MonaLisa laser treatments.

Patients with dermatological conditions like Lichen Sclerosus can also benefit from treatment.

MonaLisa treatments are also a good option for breast cancer patients taking tamoxifen.

How safe and effective is MonaLisa?

MonaLisa is a safe and simple laser treatment. Procedures are done in-office and require no anesthetic.

Since it was founded in Europe in 2012, tens of thousands of women have been treated with MonaLisa with essentially no side effects. It is the only technology for vaginal and vulvar health with more than 18 published clinical studies and it is embraced by hundreds of experts in female pelvic health as well as premier academic institutions.

Dr. Laura Foot has treated more than 3,000 patients and has seen a 90% overall improvement in tissue quality, 50-70% improvement in urgency, frequency and nighttime waking, and 50% improvement in stress urinary incontinence. 84% of patients have reported improvement in physical and mental quality of life.

