

The Doctor is in

Specialist
Care

Tightening down under

Loose vagina is a common condition among females. It is described as loss of the optimal vaginal structure. The medical term is Vagina Relaxation Syndrome.

Women with Loose Vagina Syndrome (LVS) have a variety of symptoms. Some women experience a bulge at the vagina, pelvic pressure, bowel dysfunction, bladder dysfunction or urinary incontinence while couples may have decreased satisfaction with sexual intercourse.

What causes LVS?

The main supports for our vagina and pelvic organs (bladder, uterus and rectum) are:

1. the bony pelvis
2. the pelvic floor (levator ani muscle) and
3. the pelvic fibrous tissue (endopelvic fascia)

The muscular and fascia components undergo substantial degeneration in a woman's

lifetime due to childbirth and aging.

Can LVS be treated?

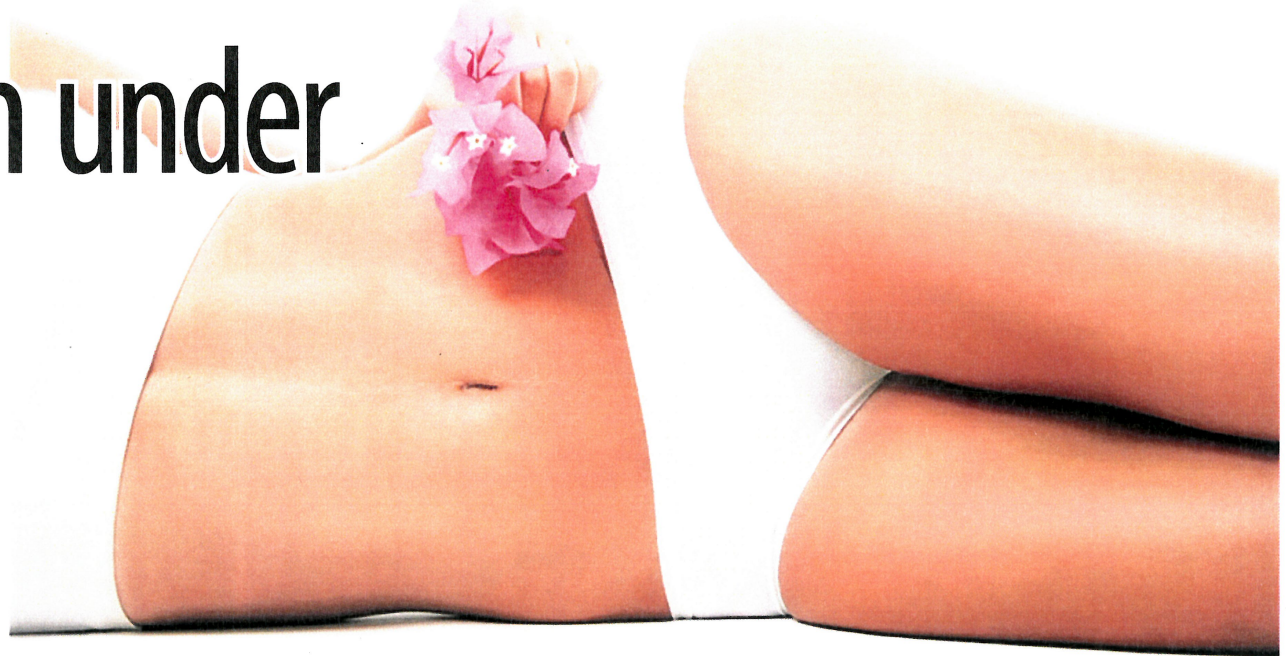
A spectrum of treatment options is available. They range from pharmacological (hormonal, tightening creams and sprays) to behavioural therapies (Kegel exercise) but these have limited efficacy.

Surgical procedures are old fashioned 'cut-and-sew' treatments which have low levels of patient satisfaction and often lead to pain with intercourse. Furthermore, the patient will need one to three days of hospitalisation and four to six weeks of leave from work. There will also be transient pain at the vagina/vulva area requiring pain relief medication.

The NeoVaginal Laser (NV-Laser) is an advanced and novel treatment for LVS.

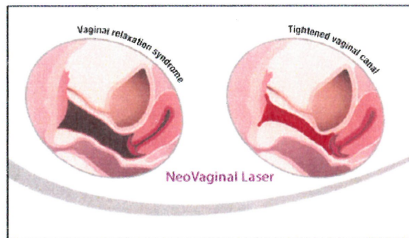
How is NV-Laser done?

The process involves a clinical



procedure using a state-of-the-art laser machine at LC Lee Urogynae Centre. The unique wavelength of the laser causes a controlled increase in tissue temperature (50 to 70°C). Heating of vaginal collagen

Vagina before and after NV-Laser



causes the collagen fibres to contract and shrink. Thermal tightening occurs by collagen remodelling and re-growth forming a tighter vagina with less laxity.

How good are the results?

Clinical studies have shown 70 to 95 per cent improvement and patient satisfaction after treatment.

The unique NV-Laser:

- No anaesthesia or pain relief medication required as the procedure is totally painless

- Incisionless, no scalpels or sutures are involved
- Walk in/walk out clinic procedure with no downtime from work

Abstinence from intercourse and swimming for two weeks after the procedure is advised. The tightening effect is only evident a few weeks after treatment as it requires time for the collagen to regenerate. Two treatments done four to six weeks apart are required for optimum results.



NeoVaginal Laser (NV-Laser)

The Healing Power of Light

- ✓ No Anaesthesia required
- ✓ No Cuts or Sutures
- ✓ No Downtime from work



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Wed: 2pm - 8pm

Sat: 9am - 1pm