



# Intimate Care Laser Therapy

## FREQUENTLY ASKED QUESTIONS

### WHAT IS THE MONALISA TOUCH?

The MonaLisa Touch is a gentle laser therapy that delivers controlled energy to the vaginal wall tissue. It restores vaginal health by generating new collagen, elastin and vascularization. Thousands of women 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 requires NO anesthesia (just local). Some women may experience some discomfort the first time the probe is inserted, but the actual treatment is not painful. Many women report that it feels like a gentle vibration.

### HOW LONG DOES IT TAKE?

Women receive three treatments, spaced six weeks apart, which each take less than five minutes to perform.

### WHEN WILL I SEE RESULTS?

Most women 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?

Women should expect to come back annually for a maintenance treatment.

### WHAT ARE MY LIMITATIONS AFTER THE PROCEDURE IS DONE?

Women should refrain from sexual activity for 2-3 days.

### FOR WHICH WOMEN IS THIS TREATMENT APPROPRIATE?

The MonaLisa Touch is appropriate for any female suffering from issues from a decline in estrogen, as well as those who are experiencing symptoms as a result of a hysterectomy or breast cancer treatments.

### IS THIS PROCEDURE SAFE FOR WOMEN WITH BREAST CANCER?

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



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# VAGINAL ATROPHY

## PATHOPHYSIOLOGY

### Vaginal Environment Before Menopause

### Vaginal Environment After Estrogen Loss

There is good blood flow to vaginal tissues

There is decreased blood flow to vaginal tissues

The vaginal lining is thick and moist

Vaginal walls are elastic

Vaginal fluid is secreted during sexual activity

The vaginal lining becomes thin and dry

Vaginal elasticity decreases

There is less secretion of fluids during sexual activity

The vagina narrows and shortens

MonaLisa Touch<sup>®</sup>



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