



What is Intimate Care Laser Therapy?

Intimate Care Laser Therapy (ICLT) is a gentle laser therapy, using the MonaLisa Touch® device, that delivers controlled energy to the vaginal wall tissue. It restores vaginal health by generating new collagen, elastin and vascularization. Thousands of women with gynecological health concerns have been treated worldwide.



Is ICLT For Me?

Even with the passage of time, many women still retain their youthful energy and enthusiasm, but post-menopausal changes can affect a woman's quality of life in unexpected ways. Now, there is a gentle laser therapy that can help millions of women who are silently suffering with painful intercourse and vaginal dryness.



How Does ICLT Work?

Using the MonaLisa Touch®, a side-firing probe is inserted into the vaginal canal to deliver laser therapy. A two-part pulse targets surface (epithelial) tissue and deep (lamina propria) tissue to promote vaginal mucosal revitalization. Patients may experience slight discomfort when the probe is inserted, but the actual treatment is not painful. Many patients report that it feels like a gentle vibration.





What to Expect from ICLT

Women are prescribed a series of ICLT treatment sessions based on their patient goals and doctor recommendations. Each session takes less than five minutes to perform. Most women feel improvement after the very first treatment. After the initial ICLT series is completed, patients should expect to return annually for a maintenance treatment.



For Whom is ICLT Appropriate?

Treatments using the MonaLisa Touch® is appropriate for any female patient suffering from issues from a decline in estrogen, as well as those who are experiencing symptoms as a result of a hysterectomy or side effects of breast cancer treatments. ICLT is particularly well suited for women who cannot, or prefer not to receive estrogen therapy.



Where Can I Receive ICLT?

Intimate Care Laser Therapy is an in-office procedure performed by Dr. Serena McKenzie at her Whole Life Medicine clinic in Kirkland WA.

NOTE: A qualified practitioner is solely responsible for evaluating each subject's suitability to undergo laser treatment and for informing those being treated about any risks involved with the treatment, pre-and postprocedural care, and any other relevant information. For more info on MonaLisa Touch®, visit smilemonalisa.com

