



# CO2 Vaginal Rejuvenation

## What is CO2 Vaginal Rejuvenation?

- This fractional CO2 laser is the same machine we use for resurfacing the face, neck, or chest, just a different attachment! The goal of any CO2 laser resurfacing is to create superficial damage to the top layer of tissue to stimulate remodeling. As the body heals, the production of collagen and elastin causes tightening of the vaginal tissue.

## What concerns can be treated?

Vaginal rejuvenation works to tighten the vaginal tissue and treat concerns such as:

- Incontinence
- Vaginal atrophy
- Dryness
- Pain with intercourse
- Firmness
- Weakened pelvic floor muscles from childbirth

## What should I do before my treatment?

- Before we schedule your treatment, please make sure you have visited your OB/GYN within the last year and have a healthy pap smear result. While your provider is an expert in the health of your skin, they are not experts in vaginal health. Before we begin treatment, we need to make sure there are not any underlying conditions that need to be treated by a gynecologist.
- Patients who are less than 6 weeks post delivery or breastfeeding are not eligible for treatment.
- Make sure to avoid scheduling this treatment during your period.

## What should I expect during treatment?

- CO2 Vaginal Rejuvenation uses a CO2 laser probe with a sterile covering. The probe is inserted into the vagina, and then the laser is turned on. As the probe is slowly removed, the laser resurfaces the inside of the skin. You may feel a tapping sensation during treatment. The procedure only lasts for 20 minutes or less. Most patients tolerate this procedure very well without any numbing. The only small complaint that patients have had is a warm feeling from the laser, and potentially slight cramping. We recommend 1-2 treatments 6 weeks apart.

## What should I expect after my treatment?

- Healing occurs over the next few days. While most studies show there is no downtime for vaginal rejuvenation, we recommend 3 days of vaginal rest after your treatment. This means no sexual activity, and nothing inserted in the vagina such as tampons, menstrual cups, or contraceptive rings.
- We recommend having panty liners on hand in case you have spotting over the next 3 days.
- Expect slight cramping over the next 3 days, you can take Tylenol for any pain or discomfort
- No submerging in water, such as in a bath or hot tub, for 3 days post procedure.
- Patients have reported a slight burning sensation the first time they urinate after the treatment, but it subsides after that.