

MONALISA TOUCH - FREQUENTLY ASKED QUESTIONS



What is the MonaLisa Touch?

It is a medical laser that delivers controlled energy to the vaginal tissue to revitalize the cells in the vaginal mucosa (vaginal tissue) so that these cells make more collagen; an essential ingredient in vaginal cell health. The treatment improves the state of the mucosa that lines the vaginal walls through mini-invasive laser-assisted procedures. The MonaLisa Touch is not an aesthetic treatment, as the term “rejuvenation” may suggest, because the beneficial effects of the treatment “rejuvenates” the vaginal tissue, restoring the functionality lost over time.

What does the MonaLisa Touch treatment consist of?

The MonaLisa Touch treatment is performed using a special CO fractional laser, specifically designed for this type of application. The procedure is carried out in the office and usually does not require anesthesia. It does not involve incisions or sutures and the sessions last 15-20 minutes.

Where can I have this done?

The MonaLisa Touch is an in-office procedure that Dr. Wesley Anne Brady, MD can perform right here at the Women’s Wellness Institute of Dallas.

Does the procedure hurt?

The procedure is virtually painless and requires no anesthesia. Some patients may experience some discomfort the first time the probe is inserted, but the actual treatment is not painful.

How long does it take?

The actual treatment takes just a few minutes. You can expect the treatment appointments to last about 15 minutes. Your initial consultation will take between 20 – 40 minutes.

What type of results can I expect?

Most patients report a reduction in dryness, burning sensation and pain during intercourse, which contributes to a substantial improvement in the quality of life. These results are possible, thanks to the stimulation of the mucosa, which regenerates and “rejuvenates”. This process involves cells and tissues and requires a few weeks to be completed. Results are more noticeable one and a half month after the session.

What are the benefits of this procedure?

The MonaLisa Touch allows for functional restoration of the vagina, which helps fighting and attenuating symptoms related to vaginal atrophy, a widespread problem among pre and post-menopausal women. Thanks to its action on factors that determine dryness, fragility and loss of mucosal elasticity, this treatment can eliminate troublesome itching, irritation and pain, which become particularly acute during intercourse. The interaction with the laser is, in fact, the ideal method to stimulate the collagen contained in the vaginal walls for the rehydration and functional tissue restoration. Its beneficial action can contribute to improve self-confidence and sexual pleasure.

When will I see results?

Most patients feel improvement after the very first treatment, although the procedure calls for 3 treatments over a 12-week period.

How long does it last?

Patients should expect to come back annually for a maintenance treatment in order to make the results last over the course of time.

What are my limitations after the procedure is done?

We require that patients refrain from sexual activity for 2-3 days.

How is the recovery?

Most women report slight localized discomfort following the laser treatment and during the first few days after the session. Many have reported to have resumed their normal routine after one to three days. During the healing period, it may be recommended to avoid lifting weights or some activities, such as taking a hot bath, or physical exercise. Dr. Wesley Anne Brady will provide you with specific indications for a speedy recovery.

For which women is the MonaLisa Touch laser treatment most suitable?

For any woman with vaginal atrophy due to physiological hormone changes, which become inevitable over time. In particular, MonaLisa Touch is the ideal treatment for those who are looking for a less invasive procedure, compared to traditional surgical or pharmaceutical treatments. Remember, no one can advise you better about MonaLisa Touch and what is best for you to achieve your best results than your doctor.

For which women is the MonaLisa Touch laser not indicated?

There is no exclusion criteria for MonaLisa Touch, other than those related to serious local and/or systemic diseases. In general, all women in menopausal age can benefit from this treatment; however, your doctor must determine whether you are compatible.

Can MonaLisa Touch be used to treat vaginal laxity?

The term "loose vagina" refers to a condition where the diameter of the vagina has increased. This is often caused by natural yet traumatic events, such as giving birth or tissue relaxation due to a natural ageing process. In these cases, it is essential to evaluate the cause and state of the vagina to exclude a prolapse or involvement of the muscles. The CO fractionated laser allows treating those cases where the "loose vagina" is due to a mucosal tone loss. For other causes, Dr. Brady provides surgical options including Vaginal Rejuvenation, or Vaginoplasty. At your initial consultation, we can determine cause and options.

Are there any risks?

There are some minimal risks. The treatment is performed on an outpatient basis. Most women report temporary side effects, slight redness or swelling, some discomfort that usually disappears in one or two days.