

MonaLisa Touch[®]

Frequently Asked Questions

The Issue

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 thousands of women who are silently suffering.

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. The MonaLisa Touch was first available outside the US where thousands of patients have been treated worldwide. It has been used in the United States for greater than 1 year now.

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.

What clinical trials have been conducted on the MonaLisa Touch?

A multisite study was conducted by Dr. Mickey Karram, Director of Fellowship Program on Female Pelvic Medicine & Reconstructive Surgery at The Christ Hospital, Cincinnati, OH and Dr. Eric Sokol, Associate Professor of Obstetrics and Gynecology at the Stanford University Medical Center. The trial assessed the use of CO₂ fractional laser therapy on 30 women with vaginal health issues due to natural or induced menopause. All of the patients in the trial were treated with the MonaLisa Touch laser therapy.

Results were:

- Overwhelmingly positive and immediate
- Highly statistically significant improvement in symptoms after first treatment
- Escalation of progress with each subsequent treatment

**Women in the study either experienced natural menopause or induced menopause as the result of hysterectomy or drug-induced suppression of ovarian function (chemotherapy, radiations, and anticancer drugs such as Tamoxifen).*

A study was done by Dr. Stefano Salvatore*, Department of Obstetrics and Gynecology, Vita-Salute San Raffaele University to assess the feasibility of fractional CO₂ laser in the treatment of 50 women suffering changes in their gynecologic health.

42 patients (84%) showed significant improvement in their physical and mental quality of life scores over baseline and were satisfied with the treatment.

In addition to the multisite study, there are currently 8 published studies with 6 ongoing studies.

Where can I have this done?

The MonaLisa Touch is an in-office procedure performed by gynecologists, urogynecologists, and urologists. Women's Health Care Center of Williamsburg is the first office in the Lincoln/Omaha area to offer this treatment.

Does the procedure hurt?

The procedure requires no anesthesia. Some patients may experience some discomfort the first time the probe is inserted, but the actual treatment is not painful. Many patients report that it feels like a gentle vibration.

How long does it take?

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

When will I see results?

Most patients feel improvement after the very first treatment, although the procedure calls for three treatments that are spaced over a 12 week period to maintain full effect.

How long does it last?

Patients should expect to come back annually for a maintenance treatment.*

**Your doctor will determine with you if follow up treatments are required.*

What are my limitations after the procedure is done?

Patients should refrain from sexual activity for 4 days. Your doctor will determine a post-procedure regimen that is right for you.

For which patients 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, breast cancer treatments, or postpartum hormonal changes.

How much will the procedure cost?

The introductory price at our office is \$1500 if paid in total at the time of the first treatment or \$600 per session if paid at the time of each treatment.

Is this procedure safe for women with breast cancer?

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

Will the procedure be covered by insurance?

No insurance processing code has been established at this time. HSA accounts may be used.

What if I have additional questions?

Please contact us at Women's Health Care Center of Williamsburg. Call 402-421-8581 and ask for Molly, our MonaLisa Touch Coordinator. We are located at 6050 Village Drive, Lincoln NE



WOMEN'S HEALTH CARE CENTER
— of Williamsburg —