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 millions 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 gynecologic health by generating new collagen, elastin and vascularization. The MonaLisa Touch was first available outside the US where more than 15,000 patients 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.

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 CO_2 fractional laser therapy on 30 women with gynecological 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 results
- 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 $C0_2$ 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. Gynecologic symptoms were significantly improved.

Where can I have this done?

The MonaLisa Touch is an in-office procedure performed by gynecologists, urogynecologists, and urologists.

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 generally spaced over an18-week period.

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 2-3 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 who has gone through menopause, as well as those who are experiencing post-menopausal symptoms as a result of a hysterectomy or breast cancer treatments.

How much will the procedure cost?

Patients should contact their healthcare professional for additional information.

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 processing code has been established.