

## How many sessions are required, and what results to expect?

For the majority of cases, three sessions with a one-month interval are sufficient to achieve noticeable results. The results have been shown to be stable up to 18 months post-treatment. After this, they start to slowly diminish. Maintenance treatment of one session per year is thus advised after the initial series of sessions to achieve lasting, optimal results.

## Are the results permanent?

A maintenance treatment of one session per year is thus advised after the initial series of sessions to ensure the longevity of your optimal treatment results. In order to achieve the best results, it is recommended that women abstain from sexual intercourse for a period of one week following the treatment.



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- Specialised Departments:**
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  - Diving Medicine
  - ENT (Ear, Nose, and Throat)
  - Endocrinology
  - Gastroenterology
  - General Surgery & Bariatric Surgery
  - General Practice (GP) & Emergency Medicine
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  - Nephrology
  - Neurology
  - Neurosurgery
  - Obstetrics & Gynaecology
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  - Pathology & Laboratory
  - Physiotherapy
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- Advanced Diagnostics:**
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  - CT Scan:** 160-slice and a lower exposure dose. CT Coronary Angiogram (Cardiac CT)
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# Functional & Regenerative Gynaecology

## Stress Urinary Incontinence



### Are you experiencing...

- Urinating during sex
- Leakage during sports, laughing, sneezing, coughing
- Stress Urinary Incontinence
- Reduced social life
- Reduced quality of life
- Embarrassment
- Wearing incontinence garments frequently



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## Who should get this treatment?

It works best in mild and moderate stress urinary incontinence patients, with very good results for severe stress urinary incontinence as well. Mixed incontinence patients get relief from a combination of stress and urge incontinence. It often results when childbirth, pregnancy, sneezing, coughing, or other factors lead to weakened muscles that support and control the bladder or increase pressure on the bladder, causing urine to leak.

Stress urinary incontinence treatment with **Fotona SMOOTH** is an innovative laser vaginal rejuvenation solution for vaginal conditions such as involuntary leakage during coughing and sports activities, loss of vaginal firmness, vaginal dryness, and irritation.

**Fotona SMOOTH** laser treatments are based on a specially engineered, patented laser mode that works by delivering gentle heat pulses to the vagina. This treatment will help strengthen and improve tissue quality, helping you to look and feel your best.



## What age group is suitable for this treatment?

There are no age limitations for the treatments; they are recommended for adult women of all ages. No special pre-op preparations or post-op precautions are necessary, and you can immediately return to your normal everyday activities.

## How does it work?

- Stimulating the body's own regenerative potential
- Laser pulses are delivered to the tissue and produce gentle heat in the vaginal mucosal lining, stimulating the formation of new collagen and strengthening vaginal wall support.
- This leads to the shrinkage and tightening of irradiated tissues and the reduction of unwanted urine leakage.

*Our treatments are safe, painless, and gentle, walk-in/walk-out procedures with no anaesthesia needed that effectively help treat patients who suffer from more than one type of condition at the same time.*