

rejuVAnate (For Vagina Health)

Vulvovaginal Atrophy (VVA) with dryness and irritation, vaginal laxity after childbirth and bladder control issues are common conditions with great impact on female sexuality and quality of life. rejuVAnate employs fractional CO₂ energy to rejuvenate vaginal tissues and restore function and relief of bothersome vaginal symptoms.

What is rejuVAnate?

rejuVAnate is a novel, painless pulsed CO₂ laser treatment to vaginal tissues delivered through a special hand piece in a procedure that takes less than 15 minutes. There is no downtime other than 3 days vaginal “rest” post-procedure. Treatments have been shown to improve symptoms of:

- VVA (painful intercourse, dryness, itching/irritation)
- Vaginal laxity
- Mild urinary incontinence or mild overactive bladder

A series of 3 pulsed CO₂ laser treatments spaced 4 weeks apart have been widely regarded optimal to stimulate the vaginal mucosa to increase collagen production, as well as to cause a thickening of the vaginal epithelium, supporting the urinary structures as well as improving dryness and elastic stretch of the vaginal canal.

Improvement of troublesome vaginal and bladder symptoms after pulsed CO₂ laser promotes a better sexuality and quality of life, especially in women who are breast cancer survivors or otherwise not candidates for estrogen therapy.

How does rejuVAnate improve vaginal tightening?

rejuVAnate works via pulses of laser energy into the collagen layer of the vaginal mucus membrane, where concentrated thermal heating leads to collagen and elastin “shrinkage” and secondary regeneration, producing a tightening of the vaginal tissues.

The initial shrinkage and secondary regeneration produce improved pressure on the “G-Spot” and the clitoris. Tightening also occurs along the base of the overlying bladder, with evidence shows that it also improves the frustration of minor urinary incontinence.

The result of the treatment is the complete remodeling of the vaginal mucosa, in addition to the re-establishment of robust, more “youthful” vaginal tissue embedded with thick and long collagen fibers. . Patients report a noticeable tightening of the entire vaginal canal for increased friction and pleasure during sexual intimacy.

How does rejuVAnate improve vaginal atrophic changes?

By altering and rearranging collagen fibers, enabling the formation of elastin and better collagen formation, rejuVAnate can provide long-term reversal of the atrophic effects of aging on the vaginal walls.

How does rejuVAnate work?

A laser generator produces precise pulses which travel through a scanner where small, fractional beams of CO₂ laser energy are delivered to vaginal tissues via a small tube-shaped hand piece. These pulses exit through a small window in a 360° pattern allowing treatment of the entire vaginal canal, leading to overall tightening in the case of laxity, including tightening of the upper vagina, producing added support for the base of the bladder. In a different power setting, rejuVAnate may be utilized solely to stimulate collagen and elastin formation to enable a better elastic stretch of the vaginal tissues.

Who is a good candidate for this procedure? Who is not?

Candidates: Women with minimal to moderate vaginal looseness or laxity not severe enough to need a complete surgical repair (“Vaginoplasty”), but bothersome enough (less “grip,” too much “droop”) to diminish sexual pleasure and sometimes lead to modest urinary incontinence. Perfect candidates are:

- 1 . Women who have not yet had a child but either feel themselves “wide” inside or have a partner with a smaller-sized penis.
- 2 . Women with laxity after childbirth who plan on another child/children and need “temporary” tightening until their final childbirth, after which they may undergo a permanent surgical solution.
- 3 . Women with mild urinary incontinence.
- 4 . Women with only modest vaginal laxity and decent musculature, who wish to avoid a surgical procedure.
- 5 . Post-menopausal women with dry, atrophic vaginal tissues.

Not Candidates:

- 1 . Women with a significant pelvic floor vaginal laxity and/or prolapse. These women need a surgical repair and will be disappointed with a solely laser procedure.
- 2 . Women with significant urinary incontinence.
- 3 . Women with very tightened, atrophic vaginas; these women will first need to undergo re-estrogenization and mild mechanical dilation in order to physically accommodate the treatment probe.

What is the science behind this procedure?

The rejuVAnate/Phoenix laser utilizes CO₂ fractional pulsed light wave technology as a cutting, tightening or resurfacing tool. In this instance, micro ablative laser waves at closely spaced intervals “drill” microscopic, closely spaced micro-punctures into the dermis, producing a mini-defect in the collagen that contracts, producing shrinkage and stimulating the collagen and elastin to grow, thus bulking and “rejuvenating” this layer. This technology has been utilized in vaginal procedures in Europe and Asia for more than 6 years, and a wealth of data has accumulated verifying its effects and success.

Numerous observational studies reported a significant improvement of vaginal atrophy assessed subjectively and objectively after a cycle of three treatments of pulsed CO₂ laser. Also sexual function and quality of life significantly improved. No complications or side-effects were reported during or after the laser procedure that was performed in an outpatient setting.

How long does rejuVAnate last?

Present data suggest that, with 3 treatments over a 12-week time period and especially with a “touchup” after one year, the tightening and continence effects are experienced for at least 2-3 years or more, while the atrophic elasticity effects are ongoing with no need for further treatments in properly managed patients. Fractional CO₂ treatments last around 4-5 years on the face and body.