

The **Femilift** procedure is a revolutionary treatment that uses a laser to rejuvenate the vaginal tissue. It is becoming an increasingly popular treatment for vaginal dryness, mild urinary incontinence and to create a tightening effect to improve the sensation during intercourse.

This procedure is pain-free and does not require any anesthetic. It is quick and performed in the office setting. The Femilift procedure takes only 5 to 10 minutes. There is no downtime after the procedure and no major discomfort, allowing you to resume normal activities immediately.

The laser delivers tiny pixels of light that penetrate the vaginal skin to less than 1 mm and this is enough to induce the formation of new collagen and rejuvenate the tissues.

The primary uses of the FemiLift procedure are:

- Improve vaginal lubrication in women who suffer from vaginal dryness.
- The correction of mild urinary stress (cough, sneeze, and exercise) incontinence.
- Vaginal tightening to increase the stimulatory sensation during intercourse and hence increase the ability to achieve orgasm.

Vaginal laxity occurs not only due to childbirth but also due to the ageing process. Prolapse in a woman who has never been pregnant occurs not uncommonly and is thought to be related to poor connective tissue - the layer where most of the collagen and elastin is normally present.

When the vaginal canal loses its tone the efficiency of the vagina to function as a sexual organ can decline. Often the decline is gradual and hence goes unnoticed. Some accept it as an inevitable consequence of ageing.

The FemiLift procedure is a 10 minute pain free procedure without any downtime. It uses a laser to stimulate the production of new collagen and elastin which helps to tighten the vaginal tone and achieve a functional correction of impaired sexual function.

For maximum effect, a series of 3 treatments approximately 4 weeks apart are recommended.

Urinary incontinence in women is quite common. Many women are too embarrassed to seek help for it. This problem becomes increasingly common after the age of 30 once women have started to have children. In the majority of cases it is caused by a weakness of the pelvic floor muscles and a laxity of the tissues around the urethra. The urethra is a short tube just in front of the vagina through which the urine is relieved from the bladder.

In normal women during coughing or sneezing, the temporary increase in intra-abdominal pressure is transmitted to both the bladder and the sphincter mechanisms. Because the sphincter also receives the same pressure impulse, urine does not leak out of the bladder. In women with incontinence the pressure impulse is not transmitted to the sphincter and the pressure on the bladder is overpowering and causes a small leakage of urine.

The traditional method of treating this problem is to carry out pelvic floor exercises to strengthen the tissues around the sphincter and the urethra. There is only a limited amount of success that can be achieved and some then go on to have surgery to hitch the bladder up. This involves an anaesthetic and time to recover. There are also cuts involved resulting in some scarring.

The Femilift procedure is very quick and pain-free. The procedure takes only 5 to 10 minutes and does not require any anesthetic. There is no significant discomfort after the procedure and recovery is immediate allowing the woman to go to work immediately if required.

A series of 3 treatments is recommended about 4 to 6 weeks apart.