

Women sexual health pre post care instructions

Laser treatments: Incontilase-Intimalase-Prolapase-Renovalase

These procedures are specifically Health Canada approved for the erbium Laser Sp dynamis pro from Fotona. The energy beam creates heat that stimulates collagen build up and tightening of the vaginal mucosa and the underlying tissues. It is NON surgical and usually painless. You need 3 treatments at 3-4 weeks intervals.

Incontilase is meant to treat stress incontinence, a condition (primarily in women), in which there is an involuntary emission of urine when pressure within the abdomen increases suddenly, as in coughing or jumping. It is well studied and the most effective.

Prolapase is to treat vaginal prolapses. Please note that with severe prolapses = less possibility for success.

Intimalase is to tighten the vaginal wall for increased sensations of both players.

Renovalase is to treat vaginal atrophy, a condition caused by low oestrogen, where the labias and vaginal wall become dry and easily irritated.

Other options

We are looking forward to getting a new **EMS seat**. It stimulates the perineum muscles through your clothes with an average of 20 000 contractions in 20 minutes. This is a **huge** demarcation to **perineum physiotherapy** and **Kegel** exercises. Strengthening the perineum can help to control the symptoms of stress incontinence, although we recommend to begin with the Incontilase laser treatment. It is also beneficial for the pleasure enhancement of both partners.

Lichen plans can be treated with laser and PRP.

The **O-shot** and the **G-shot** may help with stress incontinence by adding volume to the area between the vaginal wall, the perineum and the urethra. PRP may enhance repair and collagen build up of your laser treatments. They are also used for enhanced sensations of the lady because they are placed right at the G spot and will stimulate the area.

Contraindications to laser treatment

- Active menstrual bleeding.
- Infections of the urinary tract, vaginal canal, Positive PAP smear, Pregnancy..
- Uncontrolled diabetes
- Pure urge incontinence/ overactive bladder/ spastic bladder/ bladder stones would not be improve by this treatment. We will assess first to rule out these other causes of incontinence.

Pre treatment care

- Shower the morning of your treatment

Post care instructions

- *No special after care of medication or special accessories is required.*
- There may be mild swelling and redness and sometimes an increased sensation of urinating more frequently. This would be due to tightening around the urethra opening with some mild inflammation..
- Spotting or an increase in vaginal secretions for a few days is normal.
- You may feel a discomfort like mild menstrual cramps during or after treatment for a day or two.
- Abstain from sexual intercourse for 2 week after treatment.
- Refrain from inserting tampons into the vagina for 4 weeks or one cycle.

Only Incontilase and Prolapase:

- Avoid activities that increase pressure on the bladder and treatment area for one month. For example, heavy lifting, jumping or bouncing exercise or activity.

G-shot and wOman's Shot

The **wOmen shot** is the injection of platelet rich plasma (PRP) in the clitoris and in the area of the G-spot. They became popular services for women who want to experience more sexual pleasure and more powerful orgasms, as well as an adjunct treatment for stress urinary incontinence.

The **G-Shot** is a quick, non-surgical procedure that entails injecting a hyaluronic acid filler into the area of the G-spot.

Pre Treatment Instructions

- Clean the area before the appointment.
- This applies only to Woman's shot because of the use of PRP: If possible, avoid using NSAIDS in the week before and 8 weeks after the procedure (Advil, Ibuprofen, Motrin, Aleve, Celebrex, Naproxen, etc.). Tylenol/Acetaminophen is not an NSAIDS and it is okay to take.

Post Treatment Instructions

- Redness/swelling/numbness is normal for a few days to a week.
- Discomfort and tenderness to the touch is also common in that time frame.
- Gently clean the area twice daily with mild soap.
- You may notice no effect at all in the first few weeks.
- You may notice reaction from mild to intense sexual sensitivity, want/need for sex, sexual drive/libido.
- Sexual activity may be engaged immediately. Some may notice better sex immediately, while some may still have some discomfort with sex until results appear.
- Urinary incontinence may improve in the first few weeks but usually takes a month or longer to see results.
- You should immediately notify Dr. Belanger and Inovo Medical if you have any questions or concerns, or see any signs of problems (severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise). Signs of blood supply compromise include blanching or whitening/darkening/blackening of the skin, pain, or skin break/sloughing.

When will I see results?

wOmen shot: In certain cases, women will see an immediate increase in sexual function, desire and overall pleasure. However, results for both sexual function and urinary incontinence typically peak within 3 to 6 months and last an average of 12 to 18 months.

G-shot: you may start to feel the effect immediately after and it may last up to a year, sometimes more.

Laser treatments: usually you will get some results after the first session (although they will not last if you do not do a second and third).

Of note, we use a strong topical anaesthetic cream to give you maximum comfort. Please note that the cream is very powerful and it will numb your lips and tongue if in contact. If it touches your eyes, please rinse with continuous water and advise staff. Some people will also get a chemical peel from the cream. In that case, it will be swollen for a few days and you may even see a few bubbles on your skin. Please use polysporin ointment and vaseline or aquaphor to reduce discomfort if any. Note that the topical anaesthetic cream is only to be applied on the clitoris for the Women's Shot; only outside of vagina for lasers: minor labias, perineum and around the urethral opening. No topical cream is required for the G-shot.

If you have any questions or concerns, do not hesitate to call us at 613-749-4668