

## FAQs

### *Is the FemiLift procedure painful?*

The **FemiLift** procedure is painless and requires no anesthesia. Some patients may experience discomfort the first time the probe is inserted, but the actual treatment is not painful; sometimes described as a mild pulse to the tissues.

### *How long does the treatment take?*

The **FemiLift** procedure warrants three 15-minute office appointments, spaced every 4 weeks over two months. The actual procedure takes less than 5 minutes to perform.

### *When will I see results?*

Patients universally note improvement after their very first treatment. In order to create lasting health to the tissues and even greater improvements in the tissues, a total of three treatments comprise a course of therapy.

### *How long do the results last?*

On average, patients will have lasting results post **FemiLift** for one to two years. A return of symptoms is remedied by providing a single boost treatment at that time.

### *What's my downtime after a FemiLift treatment?*

Patients should refrain from intercourse for 3-4 days. This minimal downtime is in sharp contrast to other treatment modalities, e.g. surgery, warranting hospitalization, pain medication, 6 weeks recovery and lost income. It also eliminates the need for messy and often expensive, lifelong hormonal creams.



### *Is the FemiLift safe for breast cancer survivors?*

Yes, the **FemiLift** treatment is particularly well-suited for patients who cannot, or prefer not, to use hormonal therapies as treatment.

### *Is the procedure covered by insurance?*

The **FemiLift** is not covered by insurance, similar to some other established, effective procedures, eg. LASIK. In the age of high health insurance deductibles making surgery extremely costly and prescribed hormone therapies costing \$300+/month, many patients find the cost of the procedure very affordable.

### Additional Resources

You can learn more about the **FemiLift** from several sites listed below:

- \* <http://www.realself.com/femilift>
- \* <http://www.almalasers.com/alma-products/femilift>
- \* <https://www.youtube.com/watch?v=xGLzQFTayJk>



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## Laser assisted Non-surgical Solutions For Feminine Health Concerns

- **Vaginal Dryness**
- **Painful Intercourse**
- **Vaginal Laxity**
- **Urinary Incontinence**
- **Recurrent Vaginal Infection**



## 🌿 The New Standard in Precision and Innovation

The **FemiLift** CO2 Pixel Laser provides a quick, safe, highly effective and FDA-approved solution to common gynecologic conditions.

Recognized by the American Congress of Obstetrics and Gynecology and now available at Melius, Schurr & Cardwell- Physicians for Women, the **FemiLift** is an excellent alternative to surgery or hormone therapy for the treatment of vaginal dryness and pain associated with menopausal vaginal atrophy, pain with intercourse, urinary incontinence, vaginal laxity after childbirth and vulvar lichen sclerosis.

This non-surgical and painless procedure is performed in our private office and allows patients to return to normal activities immediately, but should abstain from sexual intercourse for 3 days afterward.



Reference: Randomized, Double-blind, Placebo-controlled Clinical Trial for Evaluating the Efficacy of Fractional CO2 Laser Compared With Topical Estriol in the Treatment of Vaginal Atrophy in Postmenopausal Women. Cruz, Vera L. et al. Menopause 2018;25 (1):21-28

## 🌿 The FemiLift Procedure

The **FemiLift** is a high-powered CO2 laser operated only by a trained physician or advanced nurse practitioner. Gynecologists have utilized the CO2 laser in surgery since the '70s, but newer technology now harnesses the power of the CO2 laser by fractionating the beam through a holographic lens into tiny microscopic pixels of CO2 energy.

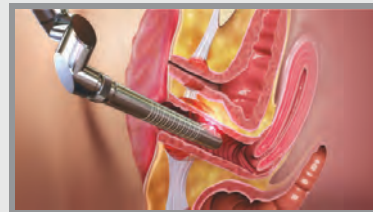
*FAQ graphic goes here*

The laser painlessly penetrates deep into the vaginal tissue to stimulate dermal fibroblasts to form

collagen. As a result, vaginal tone, elasticity and lubrication are increased and the tissues beneath the bladder and urethra are strengthened to improve urinary incontinence and urgency.

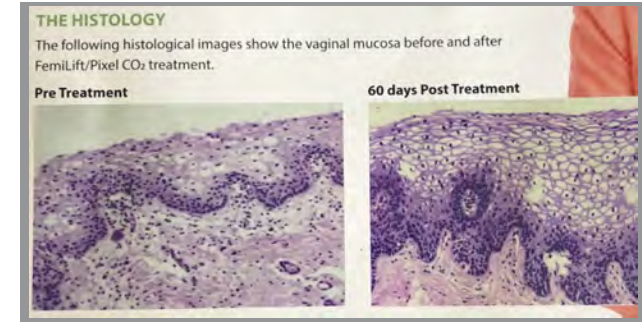
The procedure takes less than 10 minutes. Three sessions spaced four weeks apart create a lasting restoration with maximum improvements in symptoms.

The **FemiLift** CO2 Pixel Laser has a wavelength of 10,800 nm. Other lasers below 2,000nm (eg. KTP-YAG) or even weaker radiofrequency devices claiming to restore vaginal tissues do not produce the quality, nor the lasting results of a **FemiLift** CO2 Laser.



## 🌿 The Proof is in the Histology!

These histological slides of vaginal biopsies taken of a menopausal woman before the **FemiLift** CO2 Pixel Laser and 60 days later at the completion of therapy show remarkable differences in the tissues, even to the untrained eye.



It is easy to note the increase in overall thickness and vascularity of the vaginal tissues after treatment and cells enlarged and rich in glycogen, leading to proper lubrication and a normal vaginal pH.

## Our **FemiLift** Clinicians



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