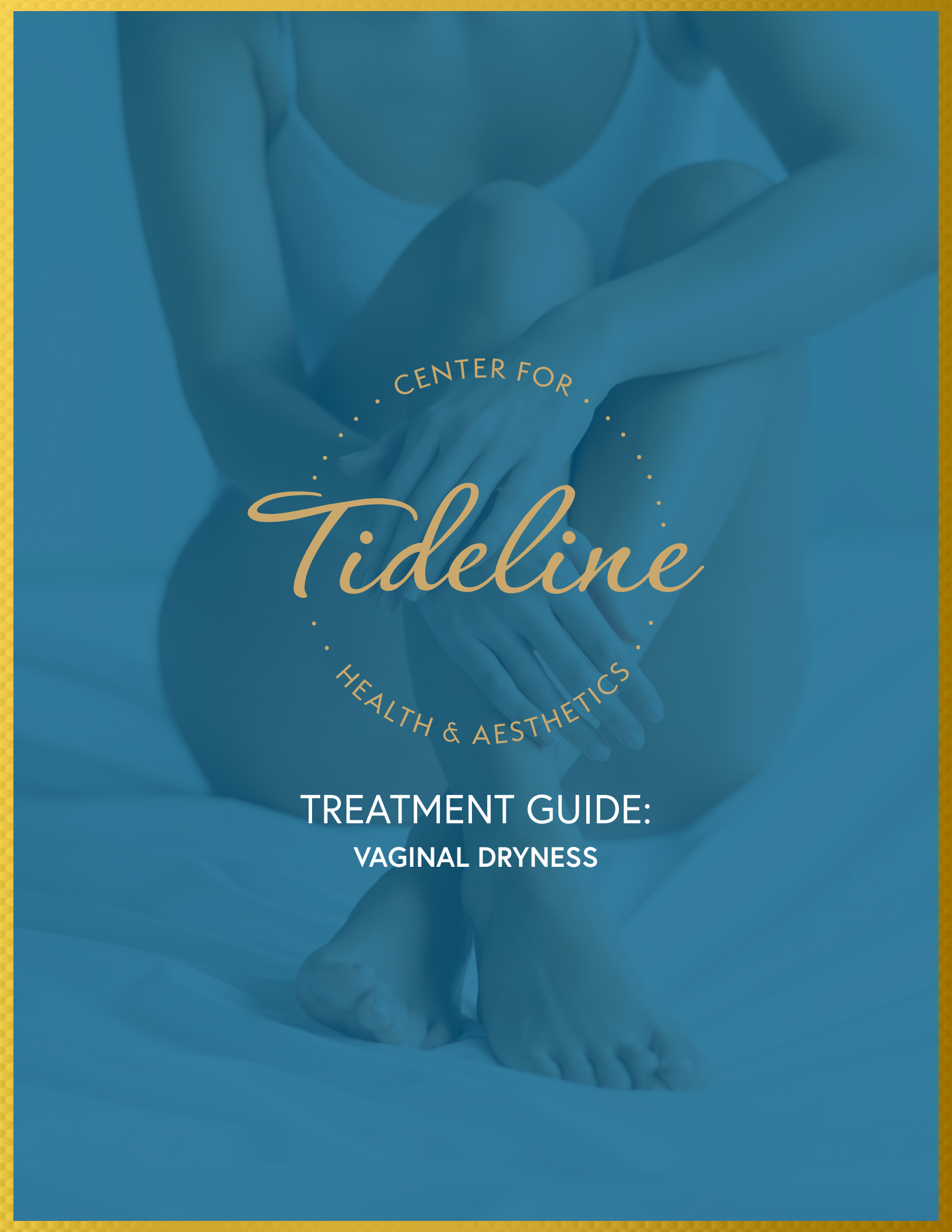


CENTER FOR

Tideline

HEALTH & AESTHETICS

TREATMENT GUIDE:

VAGINAL DRYNESS

WHAT IS VAGINAL DRYNESS?

Vaginal dryness is an uncomfortable symptom that many women experience at some point in their lives. It can result in pain or discomfort while exercising, urinating, sitting, or during sexual intercourse. Vaginal dryness can occur at any age but most often occurs during or after menopause, when estrogen levels dip. Low levels of estrogen can cause the vaginal walls to become thin and dry, a condition of menopause known as vaginal atrophy.

There are many possible causes of vaginal dryness, including menopause, breastfeeding, birth control pills, diabetes, anti-estrogen medications, and more.

VAGINAL DRYNESS TREATMENT OPTIONS

At Tideline Center for Health & Aesthetics, we offer a selection of non-surgical vaginal restoration treatments to enhance vaginal lubrication to combat vaginal dryness symptoms.

MonaLisa® Touch

MonaLisa Touch is an innovative laser treatment used to treat symptoms of vaginal atrophy, such as vaginal dryness and painful intercourse. This treatment delivers fractional CO2 laser energy to the soft vaginal tissues, stimulating collagen and elastin production. The vaginal tissue lining then regenerates and repairs itself, restoring its natural moisture.

There is no downtime needed following this treatment, though sexual activity should be avoided for 2-3 days for optimal outcomes. Most patients require three treatments, each spaced six weeks apart, for the best results.

ThermiVa®

ThermiVa is a non-surgical procedure to optimize vaginal and labial health. This treatment works by delivering radiofrequency (RF) energy to the inner and outer portions of the vagina, stimulating collagen and elastin production. Collagen and elastin work to rebuild and tighten the vaginal tissues, addressing issues such as vaginal dryness and laxity.

No downtime is required following ThermiVa treatment. Some immediate improvement may be noticeable, with full benefits enjoyed about two weeks after treatment. For best results, patients should undergo three separate treatments, each spaced one month apart. Results can last up to one year.

PRP Therapy

Platelet-rich plasma (PRP) injections involve the use of a patient's own blood platelets to stimulate tissue regeneration and trigger cell production. When used in the vaginal area, PRP can improve vaginal dryness, painful intercourse, and more.

During a PRP treatment, a tube of the patient's blood will be taken and placed into a machine known as a centrifuge. This machine will spin the blood, separating the platelets from the remaining blood components. The activated platelets will then be placed into a syringe and injected into the targeted area. PRP then works to promote collagen and elastin production, combating vaginal atrophy.

No downtime is required following PRP injections. The formation of new collagen and elastin will lead to tightening and thickening of vaginal tissues for about 14 months. Touch-up treatments about a year after the initial treatment are recommended to maintain results.

O-Shot®

The **O-Shot**, also known as the orgasm shot, involves injecting platelet-rich plasma (PRP) into the vaginal area to stimulate tissue regeneration. The O-Shot can address many concerns, including vaginal dryness, painful intercourse, stress urinary incontinence, and more.

Treatment is very similar to that of PRP treatments. A blood sample will be taken from the patient, from which platelets will be extracted. The platelets and growth factors will then be injected into the anterior vaginal wall to stimulate rejuvenation.

No downtime is required following O-Shot treatment. Many women can enjoy the effects of this treatment immediately, though full effects can be enjoyed after three months. Results typically last from 14-18 months.

LEARN MORE TODAY

Are you ready to take control of your sexual health? Contact Tideline Center for Health & Aesthetics to learn more about our vaginal dryness treatment options. Please fill out our **online form** to get started.