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## ThermiVa® for Vulvovaginal Rejuvenation—San Antonio Experience

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**Introduction:** The use of radiofrequency technology to treat vulvovaginal problems including incontinence, atrophic vaginitis, damage from childbirth, and aesthetic concerns of the labia majora has been introduced in the last year, and has promise as a non-surgical vaginal rejuvenation option for women.

**Objective:** To assess the clinical and subjective effects of ThermiVa® on stress and urge incontinence, painful intercourse due to atrophic vaginitis, sensation changes from childbirth, and saggy labia majora causing cosmetic concerns.

**Materials and Methods:** Female patients presenting for non-surgical treatment of vulvovaginal concerns from August 2015 through February 2016 were counseled on and offered ThermiVa®. Risks and complications and alternative treatments were discussed. All were offered 3 treatments 4-6 weeks apart. Consents were obtained for treatments, before and after photographs, videos and testimonials.

**Results:** 23 patients were included. 4 had only 1 treatment, 9 have had 2 treatments and 12 have completed 3 treatments. All who had 2 and 3 treatments except one have had improvement in all of their symptoms as well as with the cosmetic appearance of their labia majora. The one patient had painful intercourse due to vaginal dryness and presented on combination hormones at the age of 44. She still complained of painful intercourse and vaginal dryness after three treatments and a discussion of changing her hormonal regimen ensued and a trial of vaginal estrogen started.

**Conclusion:** ThermiVa® appears to positively impact the urinary, dryness, and sensation symptoms and cosmetic concerns in the majority of women treated and is an excellent non-surgical vaginal rejuvenation option for women.

### Biography

Board-certified Ob/Gyn Dr. Troy Robbin Hailparn has done over 2000 vaginal procedures and over 700 labiaplasties, and has had extensive advanced education in cosmetic-plastic gynecology. She is an international leader in the field having participated in the historic first two scientific sessions in cosmetic-plastic gynecology at major international meetings, the first in Hainan, China at the 15th World Congress on Controversies in Obstetrics, Gynecology and Infertility (COGI) in December, 2011, and the second, at the prestigious International Federation of Gynecologists and Obstetricians (FIGO) in Rome, Italy, in October, 2012, to help recognize and validate the needs of women everywhere. She is the author of the recently released online educational eModule for her colleagues through the American College of Obstetricians and Gynecologists (ACOG) on the Labia Minora and Labia Minora Labiaplasty Procedures, and has published articles in reputed journals as well as serves as a scientific peer journal reviewer. She lectures locally and nationally, and holds courses throughout the year on Vulvar and Vaginal Cosmetic Gynecologic Procedures through the American Society of Cosmetic Physicians.

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