

Laser therapy in postpartum vaginal atrophy

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Abstract

It is said that a woman needs nine months to become a mother and other nine months to become a woman again, which is perfectly true. Giving birth to a child is one of the most complex events in the experiences of humans and perhaps the most difficult thing for a woman who has become a mother is restarting her sexual life. The aim of this study is to prove the role of Laser Therapy (LT) compared to local trophic therapy in postpartum vaginal atrophy and obviously in restarting sexual function. From a total of 60 patients in our medical records, who gave birth in the period between January 2010 to January 2011, 40 have been studied. The methods employed to objectify vaginal atrophy and to evaluate sexual activity have been: Anamnesis (questionnaire), local clinical examination, vaginal cytological exam. The 40 patients have been treated differentially, being included in four groups: (1) Vaginal trophic treatment with Feminella Hyalosoft; (2) Local vaginal laser therapy (IZEL G device with laser and optical irradiation); (3) Associated treatment– trophic with laser therapy; (4). Control group. Therapeutic benefits, improvement of vaginal atrophy and quality of sexual life were objectified by anamnesis (questionnaire), local clinical examination and vaginal cytological exam. The best results have been obtained with associated therapy immediately followed by unique LT. In conclusion, LT can be considered the best way to improve vaginal atrophy in postpartum period and obviously in restarting sexual life.



Biography:

Brinzan Daniela has graduated from the University of General Medicine in Craiova in 1988. She has obtained Certificate of Doctor Specialist of Obstetrics and Gynecology in 1994 at the University of Medicine and Pharmacy in Timisoara and Master's Degree in Sexology in 2010 at the University of Medicine and Pharmacy



Speaker Publications:

1. 5 laser therapy in postpartum vaginal atrophy; LASER FLORENCE 2019
2. Laser therapy in sexually transmitted diseases, respectively in the associated sexual dysfunctions; Gynecology & Obstetrics- Proceedings of International Conference on Womens Health, Reproduction and Fertility

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