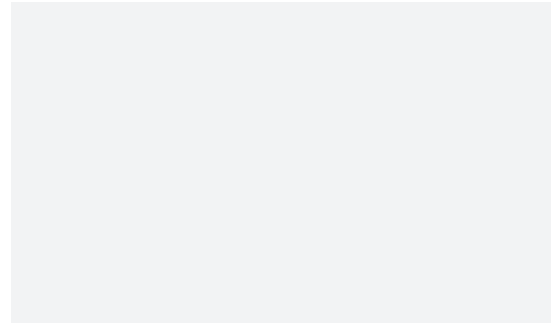




LOTUS
GYNOLASER

Vaginal Rejuvenation



PATIENT INFORMATION GUIDE

LOTUS GynoLaser offers a predictable and effective treatment for symptoms of vaginal relaxation syndrome (VRS), vaginal atrophy (ageing) and stress urinary incontinence (light bladder leakage). These conditions can affect women of all ages, causing physical discomfort as well as emotional stress, and a loss of confidence, both personally and in intimate relationships.

The treatment works by stimulating your body's own regenerative processes to improve blood circulation, regenerate healthier cells, and create more moisture for the cells. This in turn improves the strength and elasticity of the pelvic floor muscles, giving you a tighter and better lubricated vaginal wall, and helping to increase bladder control.

VAGINAL RELAXATION SYNDROME and VAGINAL ATROPHY: WHAT ARE THEY?

Vaginal Relaxation Syndrome (VRS) is described as laxity of the vaginal wall. It is caused by pregnancy and childbirth, and it is exacerbated by menopause. The result is a loss of friction during intercourse, and a reduction in sexual satisfaction for both partners.

Vaginal atrophy describes the thinning of the wall of the vagina and a loss of lubrication in the vaginal mucosa. It occurs as estrogen levels decline. Women suffer problems of dryness, itching, and poor muscle tone. These conditions can have a profound effect on sexual function and the quality of sexual experience for both partners.

Both of these conditions can occur as a result of natural ageing, pregnancy and childbirth, natural or induced menopause, or any illness or its treatment that interferes with normal female hormonal balance. They can have a very negative impact on a woman's life.

Symptoms of these conditions include:

- * Vaginal itchiness
- * Vaginal burning
- * Diminished sensation during intercourse
- * Dyspareunia (painful intercourse)
- * Decreased sexual sensitivity for both partners
- * Vaginal and vulval pain or discomfort
- * Dryness and loss of lubrication
- * Vaginal laxity (looseness)
- * Stress incontinence
- * Recurrent thrush

WHO CAN BENEFIT FROM LOTUS GYNOLASER TREATMENT?

LOTUS GynoLaser has been proven to be very effective in treating these problems. Not every woman will be a suitable candidate for laser vaginal rejuvenation, and the treatment is not designed to replace hormone therapies or surgical procedures. However, for many women, LOTUS GynoLaser is a highly effective solution that involves minimal discomfort and downtime.

HOW LOTUS GYNOLASER WORKS

The LOTUS GynoLaser uses proven CO₂ laser technology, which has been extensively used in highly delicate surgical procedures for over 50 years. The developments incorporated in the LOTUS GynoLaser make it one of the most advanced lasers used in modern medicine.

The LOTUS treatment enhances the vaginal mucosa and restores a healthy, youthful structure. It activates the fibroblasts of the mucosa and this helps promote collagen synthesis. This results in increased water content, increased small blood vessel formation (capillaries), and better transportation of nutrients. The vaginal mucosa are revitalised and rehydrated.

In a process called neocollagenesis, the cells of the vaginal wall are stimulated to produce more elastin and collagen. The natural PH of the vagina is restored, and flexibility, strength and moisture content are improved.

LOTUS GYNOLASER TREATMENT

Your doctor will examine you to assess your individual condition to determine whether LOTUS GynoLaser is the correct treatment for your condition.

You will be prepared for the treatment as if you were having a pap smear.

The laser probe will be inserted into your vagina. This delivers the laser energy to the walls of the vagina and stimulates the mucosal tissue. Treatment will be delivered as the laser head rotates, then the probe will be retracted 1cm and the process repeated. This will occur for the length of the vaginal wall, treating the entire mucosal layer.

The process is virtually painless, but you will feel a sensation of heat. The heat from the laser causes the loose tissues of the vagina to contract.

REQUIRED NUMBER OF TREATMENTS

Some women can notice a difference after one LOTUS treatment, but typically two or three treatments, each a month apart, will achieve optimal results. Treatment can be repeated in consultation with your doctor as required, if/when symptoms return.

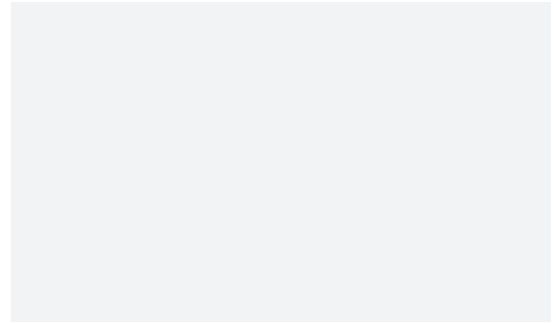
WHAT TO EXPECT AFTER LOTUS TREATMENT

- The LOTUS is a non-surgical, almost pain-free, 10-minute procedure, so there is no downtime, and you can return to normal activities immediately.
- You may notice a slight increase in secretions as the vagina is adjusting after treatment. This will resolve in 2-3 days.
- Results will become noticeable around 30 days after the first treatment.
- Your doctor will advise when you can return to normal sexual activity: usually in around 2 weeks.



LOTUS GYNOLASER

Vaginal Rejuvenation



PATIENT PRE- AND POST-TREATMENT INFORMATION

BEFORE TREATMENT

- ✿ Your treating doctor will conduct a full examination to determine whether laser vaginal rejuvenation is the right treatment for you. This will include a full medical history.
- ✿ Please bring a copy of your last PAP smear or Cervical Screening Test result with you to discuss with your doctor. A normal PAP smear or Cervical Screening Test result is required to proceed with treatment.
- ✿ You will have an opportunity to ask any questions of the Doctor or Nurses regarding the treatment. Once you have read all the information provided and your questions have been answered, you must sign an Informed Consent before treatment can proceed.
- ✿ In the procedure room, you will be required to remove the bottom half of your clothes and use baby wipes to clean the vulval area. If the vulval area as well as the vagina is to be treated, the Doctor will treat the area with an anaesthetic cream, which will then require an incubation period.

CONTRAINDICATIONS FOR LOTUS TREATMENT

Lotus treatment cannot proceed under one or more of the following conditions:

- ✿ The presence of any local or systemic disease
- ✿ Abnormalities / cell changes noted in last PAP smear or Cervical Screening Test
- ✿ Presence of Mensus (treatment can proceed once it has concluded)

THE TREATMENT

- ✿ The Doctor will first of all insert a swab into the vagina to dry the vaginal walls.
- ✿ The sterile handpiece will be inserted into the vagina until the tip contacts the uterine cervix.
- ✿ The laser energy will be delivered one burst at a time as the handpiece rotates 30° each time. After 12 applications, the handpiece will be retracted 1cm and the process repeated, until the length of the vagina has been treated.
- ✿ If the vulva is to be treated as well, the Doctor will change the handpiece tip and resume treatment.
- ✿ You should alert your Doctor at any time if the treatment becomes uncomfortable.

WHAT TO EXPECT AFTER LOTUS TREATMENT

- ✳ The LOTUS is a non-surgical, almost pain-free, 10-minute procedure, so there is no downtime, and you can return to normal activities immediately.
- ✳ You may notice a slight increase in secretions as the vagina is adjusting after treatment.
- ✳ While some women notice a difference soon after treatment, results will normally become noticeable around 30 days after the first treatment. Most women achieve the best results after the recommended number of treatments, spread over approximately 3 months.

REQUIRED NUMBER OF TREATMENTS

- ✳ Some people see an improvement after one LOTUS treatment, but typically two or three treatments, each a month apart, will achieve optimal results for the longer term.
- ✳ Treatment can be repeated in consultation with your doctor as required, if/when symptoms return.

POST-TREATMENT CARE

- ✳ There is no downtime from LOTUS GynoLaser treatment, and you can expect to resume normal activities immediately.
- ✳ You may notice a slight increase in secretions as the vagina is adjusting after treatment. This should resolve in 2-3 days.
- ✳ If you have had vulval treatment, you will be given a post-laser gel or antibiotic ointment.
- ✳ If the area feels hot or tender, ice packs can be used.
- ✳ You should refrain from wearing tight underwear for 7-10 days.
- ✳ You may shower, but do not take a bath, or submerge your body in water for 7 days.
- ✳ If you experience any pain, heat, or swelling in the treatment area, or if you develop a fever or feel very unwell, please contact your doctor immediately.
- ✳ Your doctor will advise you when you can return to normal sexual activity: usually in around 2 weeks.

NATIONAL CERVICAL SCREENING PROGRAM AND PAP SMEARS

- ✳ **AUSTRALIA**
The Cervical Screening Test replaced the Pap test in 2017. The new cervical screening test procedure is similar to a Pap smear test. For both tests a doctor or nurse takes a sample of cells from the cervix. However, the Pap smear test used to look for abnormal cells in the cervix, while the cervical screening test looks for HPV infection. The new test for HPV can identify women who could be at risk of cervical cancer earlier than the Pap test could.

If you have previously had a Pap test, you should have your first HPV cervical screening test two years after your last Pap test. A better test means you will only need to screen every five years after your first HPV cervical screening test.

- ✳ **NEW ZEALAND**
The National Cervical Screening Programme, NZ recommends cervical screening every 3 years. Patients who have previously had abnormal tests may need to have them more often, speak to your practitioner for more information.