

IncontiLase/IntimaLase – our Findings

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SUMMARY

Stress urinary incontinence is defined as involuntary leakage of urine during physical activities that may cause impairment in social and sexual life [1]. In Germany there is still poor awareness of this problem through all medical disciplines.

With development of the IntimaLase™ (Fotona Slovenia) and IncontiLase™ (Fotona, Slovenia) treatments, novel minimally invasive laser therapies for vaginal laxity and stress urinary incontinence were introduced [2,3].

To elucidate the applicability of these novel treatments, 22 patients aged between 31 to 62 years suffering from mild or moderate stress urinary incontinence were treated from May 2012 to May 2013 in our Laser Medicine Center.

All patients underwent gynecological examinations 1 month prior to the IncontiLase treatment. All patients were in good health. For evaluation of muscle tone/contractility before and after the treatment, pelvic floor muscle pressure was measured with PFX®-manometer.

The treatment followed a Fotona protocol using the Fotona SP Spectro® Er:YAG SMOOTH mode with a 7 mm spot size PS03 handpiece, 10 J/cm² fluence; 1.6 – 2 Hz.

No anesthesia was needed for deeper parts of the treatment area, while in the external treatment site lidocaine gel, lidocaine/tetracaine cream or lidocaine spray was used. Most patients reported mild to no pain. Patients were reporting discomfort especially in the external area, which increased with the number of laser pulses applied.

To assess the duration of effects, evaluation was conducted at 1, 2, 3 and up to 9 months after the treatment.

All patients were satisfied with the results of the treatment, with no side effects reported, and 30% of the patients considered a second treatment for further improvement.

Our experiences with 22 patients showed that the IncontiLase treatment presents an effective, minimally invasive method for treating stress urinary incontinence.

REFERENCES

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