

JULIET LASER

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: APRIL 2024

PHI CLINIC, 102 HARLEY STREET,
LONDON, W1G 7JB

TEL: 020 7034 5999

JULIET LASER INFORMATION

WHAT IS THE JULIET LASER TREATMENT AND HOW DOES IT WORK?

The **Juliet Laser** treatment uses the Erbium YAG Laser to address vulvovaginal complaints. It is a 30 minute hormone-free treatment that addresses atrophy, mild stress incontinence and loss of elasticity and muscle tone. The disposable hand piece combined with the Erbium YAG laser technology enables fast and pain-free treatment without anaesthesia and with minimal downtime.

This treatment restores the original metabolism of the vaginal connective tissue and improves the state of the mucosa, by stimulating a process of neocollagenesis. The inner mucosa regains elasticity and lubrication, gaining thickness and softness and subsequently itching, irritation and pain during intercourse improves. The technology is also designed to treat mild stress urinary incontinence. This nonsurgical laser vaginal treatment provides many of the same benefits of traditional vaginoplasty surgeries, but assumes almost none of the risks. It is a safe, effective treatment.

The protocol used can consist of one, two and/or three steps and your healthcare professional will inform you which are required depending on your specific concern/s.

WHO IS SUITABLE FOR THE JULIET LASER TREATMENT?

It is suitable for women of all ages.

The intimate treatment can be carried out on all age groups as well as a variety of different concerns.

20-30's – aesthetic benefits, post pregnancy

30-40's – aesthetic benefits, reduction of trauma scars, mild stress incontinence post pregnancy, libido

40+ – aesthetic benefits, libido, mild stress incontinence, vaginal dryness and discolouration, menopause related concerns

HOW OFTEN SHOULD I HAVE TREATMENT, AND HOW MANY SESSIONS WILL I NEED?

The treatments are patient specific depending on the concern and the desired outcome. On average it has been found that 3 sessions are needed to see a significant improvement. These sessions should be spaced 4-6 weeks apart.

WHAT RESULTS CAN I EXPECT?

It is important to understand that while results are long-lasting, it cannot be guaranteed that results are permanent. Maximum results are experienced on average 6 weeks after the last treatment. Results are also determined on the severity and age of the concern. Treatment on recent injury/changes such as 6

months following child birth is more likely to see improvements than treatment on concerns that came about during puberty. Maintenance treatments may be needed, usually 1 session every 12 months.

WHAT WILL IT FEEL LIKE DURING AND AFTER THE TREATMENT?

During treatment the area may feel unusual often described as a 'tapping' discomfort and/or the area may feel very slightly warm. If treating externally the skin will remain red and may be hot to the touch with minor swelling to the area 24-72 hours post treatment. Normal daily activities maybe resumed post treatment but intercourse is not advised for 72 hours. Recommended aftercare advice will be given after each treatment to help to achieve the best results possible and to minimise complications.

IMPORTANT INFORMATION:

It is essential that you are well hydrated and have eaten well the day before and the day of treatment. We cannot perform treatment whilst menstruating- you should reschedule your appointment if this is the case. Post pregnancy treatments can only be carried out 6 weeks post pregnancy and/or after your last gynaecology appointment.

CONTRAINDICATIONS TO TREATMENT:

- Severe stress incontinence
- Active sexually transmitted diseases
- Injuries or active infections in the area to be treated
- Unexplained vaginal bleeding/active menstruation
- Vaginal lesions and scars
- Pregnancy and breastfeeding
- Cancer
- Moderate to severe prolapse

PRE-TREATMENT EXAMINATION:

Please avoid treating the labia area with any form of hair removal for 5 days prior to your treatment (2 days prior if treating externally- your practitioner will make you aware if this applies to you) and wear loose clothing on the day of treatment. 72 hours prior to treatment stop using local gels, creams, pessaries.

You will need to provide evidence of an up-to-date smear test as well as sexually transmitted infection (chlamydia, gonorrhoea, HIV, syphilis and HPV test) testing which shows no abnormalities detected

before proceeding with this treatment. A negative pregnancy test is also required which you can update our clinicians at the consultation stage.

As this treatment treats internally we will also require confirmation of having an internal gynaecological examination within 6 months of starting treatment from either a GP, private gynaecologist or our in-house doctor here at Phi Clinic. We can organise for you to see one of our doctors here at Phi Clinic or alternatively visit the 'Same Day Doctor' on 52 Queen Anne Street (W1G 8HL) for an internal gynaecological examination. If you choose to have an examination outside of Phi Clinic we will require a letter confirming the results before treatment can proceed.

HOW MUCH WILL IT COST?

As each patient and their concern is individual and unique pricing of each treatment can only be established after a consultation to assess the area, size and degree of the concern. Treatment starts from £750 per session or £2000 for a course of 3.

JULIET LASER AFTERCARE

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- You can resume your daily activities as normal post treatment but avoid intercourse for 72 hours.
- The area may be slightly red and warm with tenderness to touch for a couple of days post treatment.
- Discharge and some slight bleeding can occur for up to 3 days following treatment.
- Avoid baths for 48 hours.
- Only shower 24 hours later.
- Avoid perfumes and soaps in the area as it may upset the PH balance.
- We advise to book back in for your second treatment 4-6 weeks after your first treatment to see maximum results.

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling and/or redness for 2 – 3 days
- Mild tenderness
- Increase in vaginal discharge for up to 3 days
- Mild vaginal bleeding for up to 3 days

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have had medications administered to you pre or during this treatment.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**