

The curative effect and feasibility analysis of fractional CO₂ laser in the treatment of vulvovaginal in postmenopausal women

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Abstract

Objective

This prospective study aimed to assess the curative efficacy and feasibility of fractional CO₂ laser in the treatment of vulvo-vaginal atrophy (VVA) in postmenopausal women.

Methods

30 patients with VVA recruited in this study, fractional CO₂ laser treatment was applied, visual analogue scale (VAS) and vaginal health index score (VHIS) measures were used to assess VVA, and degree of pain before and after the treatment, additionally, satisfaction survey was done post treatment.

Results

Fractional CO₂ laser treatment was significant improved VVA symptoms (vaginal itching, 6.00±2.60 vs. 1.38±0.97, P<0.001; vaginal dryness 7.04±2.26 vs. 1.88±1.03, P<0.001; vaginal burning, 6.25±2.13 vs. 1.50±0.88, P<0.001; dyspareunia, 7.54±2.54 vs. 2.04±1.15, P<0.001), as well as the VHIS (9.79±2.76 vs. 16.33±2.06, P<0.001). Satisfaction with the laser procedure was reported by 28 women (93.33%) and a minimal discomfort was experienced at the laser application. No adverse events were recorded.

Conclusions

The fractional CO₂ laser treatment can improve the VVA symptoms in postmenopausal patients with vulvo-vaginal atrophy and was proved to be a simple, outpatient therapy for VVA patients.