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Fractional CO_2 laser treatment: a novel approach for stress urinary incontinence management in post-menopausal women

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Abstract

Objective

To describe the results of the fractional CO_2 laser as an alternative treatment for stress urinary incontinence in post-menopausal women, and to demonstrate an improvement in quality of life after the treatment.

Materials and Methods

A prospective, single centre descriptive study was conducted on 10 post-menopausal patients with diagnosis of stress urinary incontinence. Recruited patients were evaluated with Stress Cough test and urethral Mobility Q-Tip Test, which confirmed the diagnosis. They then began a 3 session treatment protocol; 1 every 3 weeks using the SmartXide^2 V^{2}LR fractional microablative CO_2 laser system for the MonaLisa Touch™ procedure in the urethrovesical junction. The Urogenital Distress Inventory UDI-6 was performed to evaluate severity and quality of life impact related to stress urinary incontinence in the patients included in the study, before and after treatment. Patients were monitored from July to December 2013.

Results

Analysis of the UDI-6 Scores before and at the end of treatment showed an improvement in the score in comparison to the baseline condition, indicating a subjective improvement in all the symptoms related to SUI included in the score.

Conclusions

The MonaLisa Touch™ procedure performed with SmartXide^2 V^{2}LR laser system is a complementary alternative to traditional surgical techniques, providing a safe and effective treatment for urinary incontinence in post-menopausal women.