

# Fractional CO<sub>2</sub> laser of the vagina for genitourinary syndrome of menopause: Is the out-of-pocket cost worth the outcome of treatment?

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## Abstract

### Objectives

The purpose of this study is to assess patient's satisfaction treatment outcomes and out-of-pocket expense for the fractional CO<sub>2</sub> laser (SmartXide) in the treatment of genitourinary symptoms of menopause (GSM).

### Materials and Methods

A multicenter retrospective cohort study of patients who completed a course of three vaginal treatments with the SmartXide Fractional CO<sub>2</sub> laser. Patients contacted via telephone and asked to participate in questionnaires to evaluate for adverse outcomes since last treatment, symptom severity before and after treatment, patient satisfaction with treatment, patient satisfaction with out-of-pocket expense, and sexual function.

### Results

Of the 368 patients contacted, 122 agreed to be interviewed. No patients reported seeking emergent medical treatment. Patient reported vaginal dryness significantly improved following treatment ( $P < 0.05$ ). The frequency of intercourse increased from "once a month" to "few times a month" ( $P < 0.001$ ). The vast majority of patients reported being satisfied with their treatment results (86%) and with the cost of treatment (78%). Satisfaction with the out-of-pocket expense did not correlate with household income ( $P = 0.07$ ).

### Conclusions

The SmartXide Fractional CO<sub>2</sub> laser is a safe and efficacious treatment for GSM. This treatment is associated with a high level of patient satisfaction with both treatment results and out-of-pocket expense.