

# THE 360° SOLUTION FOR COSMETIC GYNAECOLOGY

## Lutronic explains why its user-friendly ACTION II™ Petit Lady™ system is the ideal approach for vaginal tightening



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**T**HE LOSS OF TIGHTNESS of the vulvovaginal complex associated with vaginal relaxation syndrome (VRS) leads to a concomitant loss in sexual gratification for both patient and partner. Even more potentially serious is the development of embarrassing stress urinary incontinence (SUI). Very recently, the Petit Lady™ system has been developed by Lutronic (Goyang, South Korea) to extend the scope of their ACTION II™ Er:YAG laser into cosmetic gynaecology, based on two intravaginal scanning handpieces, the Petit 360° and the Petit 90°, for vaginal tightening. To complement vaginal rejuvenation, tightening of the vestibule and introitus and treatment of pigmented vulvae is achieved with the fractional handpiece. ACTION II Petit Lady: a safe, simple and fast 360° solution to all problems associated with cosmetic gynaecology.

### Background

VRS, including vaginal atrophy, can lead to lessening of sexual satisfaction

for both the female and her partner and can also induce urinary incontinence (UI), particularly SUI. Conventional approaches range from noninvasive to frankly invasive. Noninvasive pharmaceutical and behavioural methods are innocuous, but require continuous application. Surgical vaginoplasty, including laser-assisted vaginoplasty, works well, but undesirable side-effects have also been reported such as infection, changes in sensitivity of the vaginal wall, scarring, and adhesions.

### Petit Lady: the ideal approach to VRS

The ideal technique should be noninvasive but with the efficacy of laser surgical vaginoplasty. The answer is Lutronic's development of the Petit Lady™ system for the ACTION II™ Er:YAG laser. The 2940 nm wavelength offers the best absorption in water. Since the vaginal mucosa consists of more than 80% water, the Er:YAG is capable of delivering very shallow ablation and a controlled band of secondary thermal damage, compared with the CO<sub>2</sub> laser. Too deep and too aggressive treatment

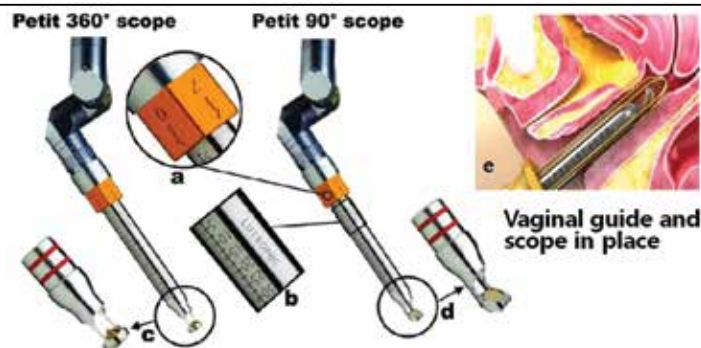
is a potential problem with the CO<sub>2</sub>; this is particularly true in the fragile tissues of the vaginal canal. On the other hand, a certain degree of photothermal damage is essential to induce the wound healing process with remodelling and good vaginal tightening. The problem is how to balance the degree of necessary damage with the need for as short a downtime as possible and absolutely minimal side-effects.

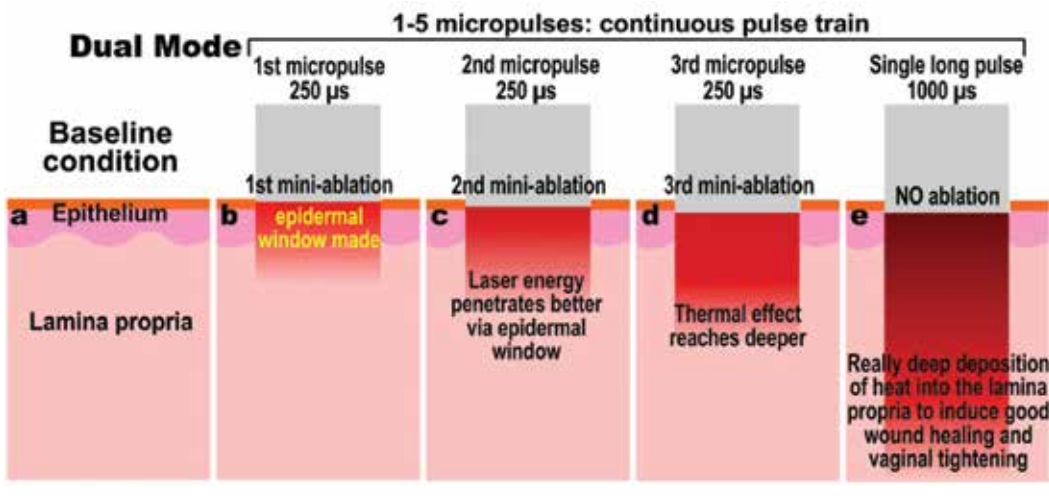
### Vaginal tightening with Petit Lady

Two intravaginal scanning scopes were designed, the 360° scope and the 90° scope specifically for UI/SUI, with a unique set of treatment modes. A vaginal guide was developed to hold the scopes in the optimum position. *Figure 1* shows details of the scanning scopes and an illustration of the intravaginal guide and the scope. Both scopes are used first in the Multiple (250µs micropulse) Mode whereby a number of 250µs micropulses is automatically delivered per shot to achieve minimum ablation with good heating of the vaginal wall (*Figure 2A-D*). The 360° scope (vaginal wall tightening) is withdrawn by one gradation after each shot for the required number of passes. The 90° scope is fired at the 12 o'clock, 2 o'clock and 10 o'clock positions for each set of shots and subsequent passes and withdrawn by two gradations for tightening the anterior vaginal wall in UI/SUI treatment.

To create an even deeper zone of thermal damage subablatively, the LongPulse Mode delivers a single subablative 1 second pulse of laser

**Figure 1** The 360° and 90° scopes and intravaginal guide illustrated. A) Close-up of the hexagonal block at the scope base marked for orientation of the 90° scope for UI/SUI treatment. B) Close up of the scope body showing the gradations. C) Close up of the 360° tip; D) Close up of the 90° tip. E) Illustration showing the intravaginal guide and the scope inserted in the vagina.





**Figure 2** Illustration of Dual Mode

energy (Figure 2E) for enhanced vaginal tightening. The combination of the two modes can be achieved with the time-saving Dual Mode (Figure 2).

Intravaginal tightening can be combined with tightening of the introitus and the labia minora and majora using the ACTION II fractional handpiece. Depigmentation of pigmented vulvae can also be achieved.

### Petit Lady in clinical practice

In 30 patients with VRS treated with the Petit Lady system, at 2 months post-treatment<sup>1</sup>, vaginal tightening was shown both objectively through perineometry (initial pressure,  $p < 0.01$ ; average pressure,  $p < 0.05$ ), and subjectively for increased vaginal tightness (patients' partners, 76.6%), and for sexual satisfaction (patients, 70%). The histological evidence also pointed to vaginal tightening with a thicker and better rugated epithelium and a more dense lamina propria.

Fabio Marini, MD (Skin Laser Clinic, Pescara, Italy), reported: 'I have seen that Action II Petit Lady increases the

elasticity of the vaginal wall with a significantly short downtime. Patients suffering from vaginal relaxation syndrome are very satisfied with Petit Lady because this 15-minute nonsurgical treatment successfully rejuvenates the vagina and enhances sexual sensation.'

Domenico D'Angelo, MD (Skin Laser Clinic, Pescara, Italy) additionally stressed that: 'Action II Petit Lady is a truly unique gynaecological system for treating vaginal relaxation syndrome.

**Figure 3** Petit Lady GUI



For example, I believe that the combination of multiple micropulses and long pulse accelerates tightening of the vaginal wall. Responses from my patients are also great.'

Nadia Jasim Faris Al Aqbi, MD (Nadia Medical Centre, Abu Dhabi, UAE) is using Petite Lady (Petite Lady is the trade name of the system in the Arab region). 'Action II Petite Lady is outstandingly beneficial for women with vaginal relaxation syndrome caused by multiple childbirths. I have experienced many times that this non-invasive and nonsurgical procedure is very effective even for those with severe symptoms.'

### Conclusions

With the addition of the Petit Lady intravaginal system, the ACTION II Er:YAG laser allows gynaecologists to handle the whole range of cosmetic and aesthetic gynaecological problems in a nonsurgical, pain-free, swift, safe and satisfactory manner. Total vaginal tightening improves the quality of life for females of all ages suffering from VRS, and the fractional handpiece painlessly restores a pink, aesthetically pleasing vulva. ACTION II with the Petit Lady system: a true 360° solution for cosmetic gynaecologists and their patients.

► **Further information** [www.petitlady.net](http://www.petitlady.net)

### References

1. Lee MS. Treatment of vaginal relaxation syndrome with an erbium:YAG laser employing 90° and 360° scanning scopes: a pilot study and short-term results. *Laser Therapy* 2014; 23: 129-138