

## **Application of Fractional CO2 Laser (FemiLift) and improvement in urinary incontinence**

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### **Introduction**

Stress urinary incontinence (SUI) is defined as the involuntary loss of urine associated with physical exertion that causes increased intra-abdominal pressure. SUI prevails in multiparous, peri-menopausal women with a history of difficult births or infants greater than 3,500 kg. Urethral hyper-mobility is a cause of SUI that benefits from the application of fractionated CO2 laser. Its ablative and thermal effects produce retraction, increased submucosal collagen reducing urethral mobility.

### **Materials and methods**

This study is quantitative, descriptive transversal. The sample was 183 patients of which 131 met the inclusion criteria. Inclusion criteria: women between 35 and 60 years old, with SUI, history of vaginal deliveries and urethral hyper-mobility. Exclusion criteria: cystocele, obesity, uterine prolapse, mixed urinary incontinence or urgency, recurrent urinary tract infection, collagen diseases, chronic corticosteroid therapy, pregnancy, vaginal herpes virus, gynaecological oncology pathology, vaginal HPV infection, active vaginal infection and patients who have medical treatment that causes photosensitivity. Patients were assessed by the International Consultation on Incontinence Questionnaire: Short Form (ICIQ -SF) before treatment and 90 days after treatment. The procedure is ambulatory, is performed with fractionated CO2 laser (FemiLift) applied at hours 10, 11, 1 and 2 of vagina.

### **Results**

The ICIQ - SF allows us to evaluate the frequency of episodes of IUE, the amount of urine lost and changes in their quality of life . The results were: 82% of women decreased the frequency of SUI had to once a week or less, 15% indicated that decreased the frequency to two or three times a week and only 3% did not notice changes. With respect to the amount lost 23% indicated the option no amount lost and 77% small amount lost. All patients noted improvement in their quality of life, either by decreasing the frequency of SUI or decrease in the amount of urine lost.

### **Conclusion**

The quality of life of many women affected by SUI therefore should not be considered a minor sign to the medical history. The fractional CO2 laser (FemiLift) allows us to reduce the frequency of episodes and quantity of urine lost, thereby improving the quality of life of these women. It is an ambulatory, fast, painless and simple procedure.