# Vaginal laser — mild urinary leakage and dryness

## At the practice, 42 avenue Mozart — three 30-minute sessions, under local anaesthetic

### 01 What is it?

A **laser applied inside the vagina**, through the natural passages, **without any incision**: it delivers controlled thermal energy to the mucosa.

At the practice, the device is the **Fotona TimeWalker® IntimaLaser™ PRO** gynaecological laser.

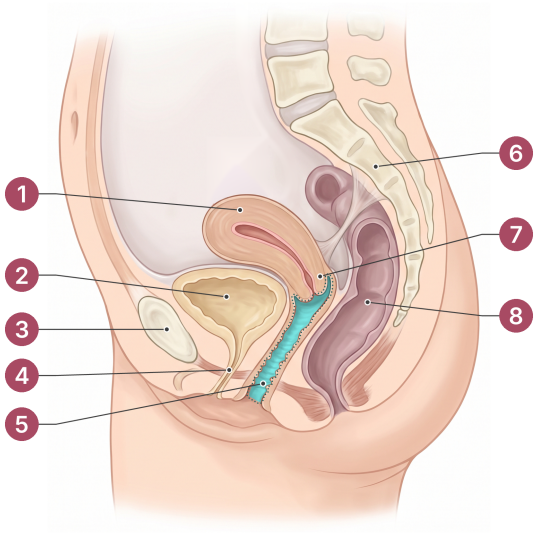



**FIGURE 1 — The pelvis, side view (diagram). In blue-green, the treated area: the inside of the vagina, the mucosa.**

1. Uterus
2. Bladder
3. Pubis
4. Urethra
5. Treated area: the inside of the vagina, the mucosa
6. Sacrum
7. Cervix
8. Rectum

*In blue-green, outlined with dots: the area treated by the laser.*

*Side view: the belly is on the left of the image, the back on the right.*

*Diagram Wagram Clinic, 2026.*

**This is not an operation**, and it is not surgery for urinary incontinence.

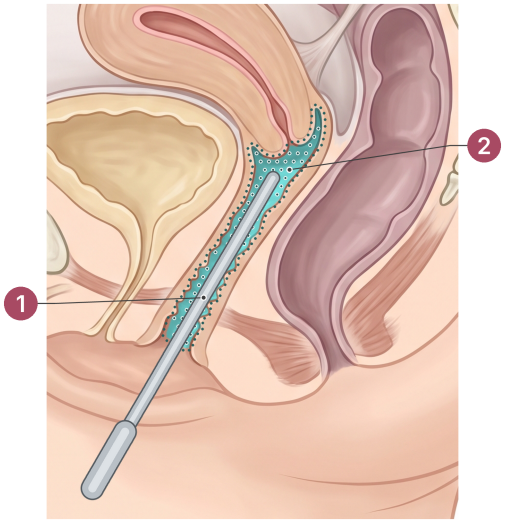



**FIGURE 2 — The treatment (diagram, side view). The laser is applied inside the vagina; it acts on the mucosa.**

1. The laser, applied inside the vagina
2. Controlled thermal energy, delivered to the mucosa

*In blue-green, outlined with dots: the area treated by the laser.*

*Side view: the belly is on the left of the image, the back on the right.*

*Diagram Wagram Clinic, 2026.*

### 02 Why this procedure?

The practice offers it for two complaints:

- **intimate dryness and discomfort at the menopause** — dryness, burning, pain during

intercourse, urinary symptoms: what is called the genitourinary syndrome of menopause. **Local treatments** come first; the laser is offered **alongside them, or when they do not suit you**. After breast cancer, moisturisers and lubricants are offered first, and the laser when they are not enough.

- **mild to moderate urinary leakage on exertion** — when coughing, laughing, during sport. **Pelvic floor rehabilitation remains the reference treatment**; the laser is offered **in addition**, or when it is not enough.

The indication is always set by Dr Gatri during a **preliminary consultation**.

## 03 How does the procedure take place?

**At the practice, 42 avenue Mozart**, in the gynaecological position, like an examination, **with no hospital stay**. The sessions are **carried out by Dr Gatri herself**.

**Three 30-minute sessions.**

**For urinary leakage, the sessions are four weeks apart. For dryness, their spacing is set with Dr Gatri.**

Each session is carried out **under local anaesthetic**. A feeling of heat during the session is common.

You leave straight after the session.

## 04 What the procedure does not guarantee

Patients followed at the practice most often report an improvement in their comfort; **a result remains specific to each person, and this treatment guarantees no result.**

## 05 Risks and complications

**Common and not serious.** A feeling of heat during the session; in the following days, **discharge**, **light bleeding**, passing discomfort or pain.

**Rare.** A **burn of the mucosa**; **pain that persists**; a **narrowing of the vagina**. **Vaginal burns**, **scarring**, **pain during intercourse** and **chronic pain** have also been described.

## 06 Alternatives

**Not having the treatment is always possible.**

**For dryness**: vaginal **moisturisers** and **lubricants**, **low-dose local oestrogens** where indicated.

**For stress urinary leakage**: **pelvic floor rehabilitation** with a midwife or a physiotherapist, covered by the French national health insurance (Assurance maladie); a **continence pessary**; if these fail, **surgery** may be discussed, with its own information and its own risks.

Dr Gatri presents these treatments to you in consultation and tells you where the laser stands among them; **the choice is made with you**.

## 07 Contraindications

Before each session, Dr Gatri checks that there is no contraindication: **a pregnancy**, **a current genital or urinary infection**, **unexplained bleeding**, **a lesion of the cervix or vulva that first needs its own assessment**. In these situations, the session is postponed if needed.

Tell Dr Gatri about your medical history, your treatments and your allergies.

## 08 Before the procedure

A **preliminary consultation** always comes before the first session: gynaecological examination, confirmation of the indication, information on the alternatives, and the quote is given to you. **You then decide, at your own pace.**

**There is no anaesthetic consultation and no hospital stay**: the session takes place at the practice, under local anaesthetic.

No need to fast.

If the complaint is urinary leakage, **pelvic floor rehabilitation is discussed first**.

## 09 After the procedure and your instructions

**For the 24 hours after each session: no baths, no swimming pool, no sexual intercourse.**

**Resuming activities: immediately.**

Discharge and light bleeding are possible in the following days.

A **follow-up consultation** takes place if needed. **Maintenance sessions** may then be offered to you, at a rhythm set with Dr Gatri.

## 10 When to seek medical advice without delay

**Bleeding heavier than a period, pain that increases instead of decreasing, fever, foul-smelling discharge.**

## 11 Your questions for Dr Gatri

For example: have I first tried pelvic floor rehabilitation, or local treatments? how far apart will my sessions be? what happens after the three sessions? what do you do if my leakage gets worse?