Vaginal laser — vaginal laxity

At the practice — three 30-minute sessions, one month apart

01 What is it?

The treatment consists of applying a **laser inside the vagina**, over several sessions.

The laser delivers **controlled thermal energy** to the vaginal wall. The aim is to remodel the collagen of the tissue beneath the mucosa.

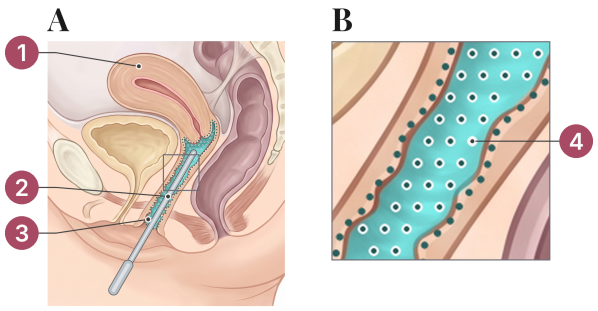


FIGURE 1 — The laser treatment (diagram). A: side view. B: detail of the mucosa.

A — Side view

1. Uterus
2. The laser, applied inside the vagina
3. Vagina

B — Detail of the mucosa

4. Controlled thermal energy, on the mucosa

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

B: the area framed in A, enlarged, without the laser, to show the mucosa.

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 these sessions for **vaginal laxity**.

Dr Gatri will tell you whether this treatment suits your situation.

03 How does the procedure take place?

Three 30-minute sessions, at the practice, one month apart.

Each session is carried out **under local anaesthetic**.

A handpiece is inserted into the vagina, then the laser is applied as it is gradually withdrawn. The laser pulses are usually felt little or not at all, except in the last few centimetres, which may be more sensitive (tingling, heat). A pass over the mucosa of the vulva is sometimes needed afterwards.

A session about once a year may then be offered; the treatment plan is decided with Dr Gatri, according to your symptoms.

04 What the procedure does not guarantee

This treatment guarantees no result.

Its effects are not immediate: they are assessed 4 to 8 weeks after each session, and improvement may continue for up to 6 months afterwards.

05 Risks and complications

In the following days, the following may sometimes occur: **light bleeding** for 24 to 48 hours, a feeling of **swelling and heat** for 1 to 3 days on average, more **discharge**, **very mild burning when passing urine** for 24 hours.

The following have also been described: a **urinary infection** in the week after the session, **bacterial vaginosis**, and **reactivation of**

genital herpes in someone who has already been in contact with this virus.

Serious complications have also been described: **vaginal burns**, **scarring**, **pain during sexual intercourse** and **recurring or chronic pain**.

06 Alternatives

Not having the treatment is always possible.

When the laxity goes with **pelvic organ prolapse**: **pelvic floor muscle training**, supervised by a professional, or a **pessary**.

When dryness goes with it: vaginal **moisturisers** or **lubricants**, **local oestrogen treatment** where indicated.

07 Contraindications

The session is not carried out in case of **pregnancy**, a **current genital or urinary infection**, **significant genital prolapse**, **genital bleeding that is ongoing or not investigated**, or **during your period**.

Tell Dr Gatri if you have a history of **genital herpes**. This list is not complete: Dr Gatri assesses it with you.

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

08 Before the procedure

Stop any **local treatment** at least **48 hours before** the session.

No need to fast.

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.

A follow-up consultation takes place if needed.

10 When to seek medical advice without delay

If **burning when passing urine** lasts beyond 24 hours, or if another symptom worries you after a session, **call the practice without delay**.

11 Your questions for Dr Gatri

For example: what do you expect from this treatment in my case? what happens if my symptoms persist after the sessions? does the price cover the three sessions?