

# FAQs about



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Nicole Pinkerton, MD  
970.259.0701

## WHAT IS FEMILIFT?

The FemiLift procedure is a non-surgical, non-invasive procedure to improve the support for the vaginal tissues.

## HOW IS IT PERFORMED?

The FemiLift procedure utilizes fractional CO2 laser energy applied to the vaginal mucosa with a single-use device. The laser energy creates microscopic columns of thermal injury which then stimulates collagen remodeling and rebuilding.

## HOW DOES IT FEEL?

The procedure is virtually painless and feels similar to other gynecologic examinations in which an instrument is placed in the vagina.

## HOW DOES IT WORK?

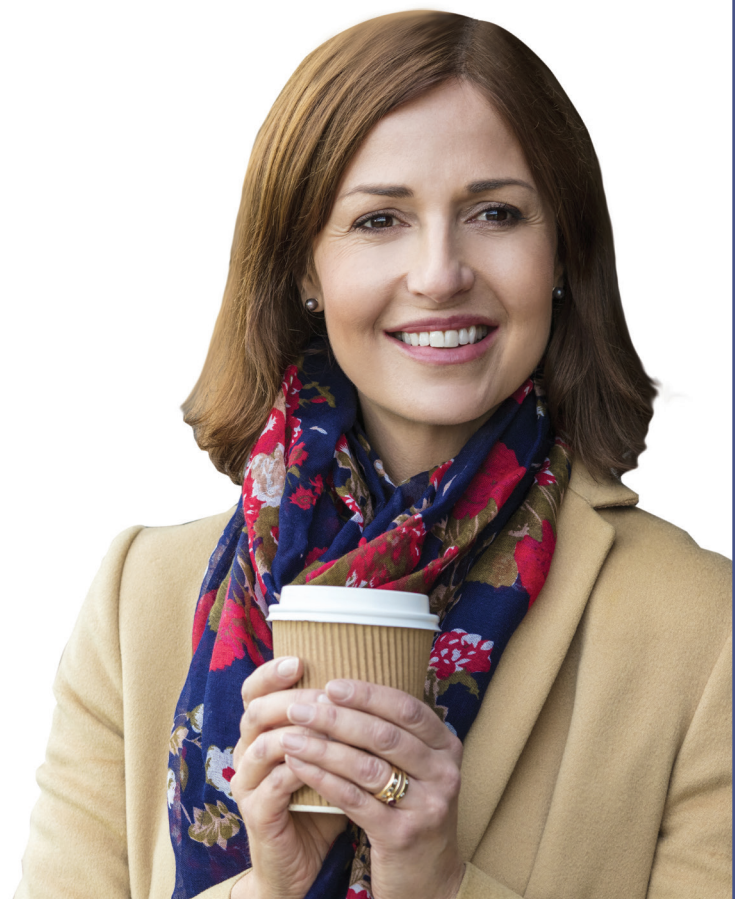
The laser beam creates microscopic columns of thermal injury in the vaginal mucosa. These columns penetrate the surface and reach the dermis layer of the skin. The micro-injuries from the laser stimulate collagen formation and remodeling which tightens and thickens the vaginal mucosa.

## HOW LONG WILL THE RESULTS LAST?

The durability of the results will vary from patient to patient but they are not expected to last forever. Maintenance treatments may be required in 1-2 years but it may take several years for the symptoms to return.

## WHO IS A GOOD CANDIDATE?

Anyone can consider the FemiLift procedure. Particularly, postmenopausal women with symptoms of vaginal atrophy and younger women with early, mild symptoms of prolapse or incontinence. The FemiLift procedure may be an attractive option for patients who are not able to use estrogen therapy or who would like to avoid surgery. Each woman should consider the risks and benefits prior to considering any procedure.



## WHEN CAN I RESUME NORMAL ACTIVITIES?

Patients can resume normal activities immediately. However, the use of tampons and vaginal intercourse should be avoided for three days after each treatment.

## HOW DEEP DOES THE LASER GO?

The laser probe is inserted into the vagina up to the cervix which is about 6-8 cm deep. The laser beam penetrates the vaginal mucosa about 0.5 mm (usually 300-500 microns). This is deep enough to reach the level of the sub-mucosa where new collagen is formed.

## HOW LONG DOES IT TAKE?

The procedure takes 15-20 minutes.

## HOW MANY TREATMENTS ARE RECOMMENDED?

A series of 3 treatments are recommended. These treatments should be spaced about 4 weeks apart.

## WHAT ARE THE RISKS?

There are very few risks with the FemiLift procedure. The most common risk being infection. Additional risks include bleeding, poor wound healing, allergic reaction or failure of the treatment.

## WHEN SHOULD I BEGIN TO SEE RESULTS?

The results may be immediate however additional wound healing and collagen formation continue for several weeks to months after the treatment.



## WHEN CAN I RESUME INTERCOOURSE?

Sexual intercourse can resume after three days.

## DOES INSURANCE COVER THE FEMILIFT PROCEDURE?

No, this procedure is not covered by insurance.

## HOW MUCH DOES IT COST?

Each treatment costs between \$500 and \$1500 depending on how much of the vagina is being treated and how many treatments, if any, you have had in the past.

## WHO SHOULD AVOID THE FEMILIFT PROCEDURE?

Patients whose vagina is too small to accept the vaginal instrument used to deliver the laser are not able to be treated. Additionally, women who have previously been exposed to burns and/or radiation in the vagina should avoid this treatment. The treatment is not recommended with concurrent vaginal infections or vaginal bleeding. Lastly, patients with connective tissue disorders or immune system disorders should avoid this procedure.



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Call us for more information  
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**NICOLE PINKERTON, MD**

555 S. Camino Del Rio, Ste B2 Durango, CO 81301 | 970.259.0701 | [drpinkerton.net/FemiLift](http://drpinkerton.net/FemiLift)