

Postpartum treatment of urinary incontinence with microablative fractional laser CO²

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Objective

To evaluate the effects of microablative fractional laser CO² in the treatment of urinary incontinence of women in postpartum period after vaginal delivery.

Methods

31 women, who suffered of urinary incontinence in early postpartum period after a normal vaginally delivery, underwent 3 microablative fractional laser CO². They were followed 3 months after the treatment, and both, the VAS (visual analog scale) and the VHI (vaginal health index) were used for the evaluation of the symptoms.

Results

The mean age of women was 29 ±7 years. At 2 months of follow-up following the third treatment, 82% of the patients (14 of 17 patients) experienced an improvement in the urinary incontinence. The vaginal health index at baseline was 17. 7 ±1. 6 (range15-20). Average treatment duration 5. 7 min. Mean discomfort/pain level of the procedure was 1. 57 ±1. 39. Common expected immediate responses included: burning (20%) and itching (20%) sensations, which resolved within 2 days. Other immediate responses included: swelling(4%), bruising (4%) and purpura (2%), which resolved in 1 day. 81% of subjects reported an improvement in sexual gratification. 100% reported satisfaction with treatment and 94% would recommend the procedure.

Conclusion

Treatment of urinary incontinence with fractioned CO² laser should be taken into account for its high degree of effectiveness and also for its safety in the treatment of urinary incontinence in women after vaginal delivery.