

CO₂RE® Intima

FEMALE REJUVENATION

INTRODUCING CO₂RE INTIMA, THE WOMEN'S INTIMATE WELLNESS PROCEDURE WORTH TALKING ABOUT.



Women's sexual health has become an increasingly developing area of wellness, particularly with the range of non-surgical devices trailblazing the market for everything from urinary incontinence to sexual dissatisfaction.

CO₂RE Intima by Candela is a standout treatment to meet this rapidly growing need. It is an in-clinic, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vagina pH. It is used to restore vaginal tone, flexibility and shape and for the treatment of vaginal rejuvenation and vulvovaginal atrophy. With CO₂RE Intima you can perform minimally invasive, non-hormonal, energy-based gynecological health treatments in your office, in as little as 10 minutes.

Sydney dermatologist Dr Liz Dawes-Higgs is an expert in the field of female genital dermatology and is committed to advance the use of safe and effective treatment options for vulvovaginal atrophy. "The CO₂RE laser allows me to do this and gives me another option for my patients who suffer from the symptoms of vulvovaginal atrophy," she says.



Q. How does the CO₂RE Intima laser work?

A: When used internally for vaginal treatment, the CO₂RE Intima laser is inserted into the vagina using a specialised disposable handpiece. A microscopic column of light is placed in to the vaginal wall to heat up the tissue. Surrounding this small column of light is unaffected normal tissue which allows for rapid healing of the heat treated tissue. This healing response stimulates the tissue to remodel and repair itself and so to form new collagen. This helps with vulvovaginal atrophy, a condition where women experience dryness, soreness, irritation and difficulties with sexual activity.

Because CO₂RE Intima laser can

Q&A with vulvo-dermatologist Dr Liz Dawes-Higgs

be used on the external genital skin as well, I can also treat troublesome skin tags, age spots and scarring, for example. The external treatment for both the face, external genital skin (vulva) and other areas of the body all work in the same manner as the internal treatment. A different handpiece is used to the internal treatment. Again, energy is deposited deep in to the tissue to stimulate remodelling of collagen.

Q. What made you purchase CO₂RE Intima over the many other systems on the market?

A: This was an easy choice for me. This particular laser allows treatment of all areas of the body, so I am not limited to just the vaginal area. If I want to treat the surrounding external vulval skin I can do this, which is important for me as a vulval dermatologist. Because this laser is a carbon dioxide laser it can be used not just in female rejuvenation but also for acne scarring and anti-ageing treatments such as wrinkles and pigmentation. That's probably its biggest strength, being a multi-platform laser which allows it to be incredibly versatile. Also, this particular laser comes with disposable hand pieces, which is so important when treating the skin, especially genital skin.

Q. How many treatments are needed? And how long does each take?

A: I recommend three treatments spaced out a month apart, and then one treatment yearly to maintain results. Each treatment takes about 20 minutes. Most of my patients have treatment both internally to the vagina and externally to the vulval area. This means that a small amount of topically applied local anaesthetic is needed for the vulval area about 30 minutes beforehand.

Q. What has been your patients' response to treatment?

A: I have a number of standout cases. Most of my patients are peri- or post-menopausal and they don't want to suffer from the symptoms of menopause and age. I'm talking about dryness, irritation, poor lubrication and problems with sexual activity. A few of my patients have really had an amazing turnaround and are so much more comfortable, especially with intercourse.

Q. Why would you recommend this device a: to your patients; and b: to your colleagues?

A: I have two aspects to my dermatology practice, being anti-ageing and female genital skin conditions, and I am able to

recommend this laser to both patient groups. I am able to recommend this device for facial skin rejuvenation to improve pigmentation and textural changes such as lines and skin pores that occur with chronic sun exposure, which is so common here in Australia. For my female genital patients I recommend this device if they have symptoms of vulvovaginal atrophy and, just as in facial treatments to improve skin health, they want to restore vaginal and vulval skin health.

A lot of colleagues are also my patients so there's a bit of a crossover here. Having said that, I often talk about how easy this laser is to use and how many different skin conditions can be treated with it. I love that it moves from room to room which is especially useful in my practice as I can use it in any of my laser rooms.

Q. How have you found working with Candela?

A: I have found Candela one of the most professional companies I have ever worked with. They are not just about selling lasers but are committed to ensuring they stay at the forefront of technological innovations. For anyone thinking of buying a laser, Candela's after-service and training is exemplary. **AMP**