Sexual function after fractional microablative CO2 laser in women with vulvovaginal atrophy

S. Salvatore, R. E. Nappi, M. Parma, R. Chionna, F. Lagona, N. Zerbinati, S. Ferrero, M. Origoni, M. Candiani and U. L. R. Maggiore

Doi: 10.3109/13697137.2014.975197

ABSTRACT

Objective: To investigate the effects of fractional CO2 laser on sexual function and overall satisfaction with sexual life in postmenopausal women with vulvo-vaginal atrophy (VVA).

Methods: This prospective study included 77 postmenopausal women (mean age: 60.6 ± 6.2 years) treated for VVA symptoms with fractional microablative CO2 laser system (SmartXide² VLR, Monalisa Touch, DEKA, Florence, Italy). Sexual function and quality of life (QoL) were evaluated with the Female Sexual Function Index (FSFI) and the Short Form 12 (SF-12) respectively both at baseline and at 12-week follow-up. A 10-mm visual analogue scale (VAS) was used to measure the overall satisfaction with sexual life and the intensity of VVA symptoms (vaginal burning, vaginal itching, vaginal dryness, dyspareunia and dysuria) before and after the study period.

Results: we observed a significant improvement in the total and each specific domain FSFI scores at 12-week follow-up compared to baseline (p < 0.001). After concluding the laser treatment the overall satisfaction with sexual life significantly improved (p<0.001). Seventeen (85%) out of 20 (26%) women not sexually active for VVA severity at baseline, regained a normal sexual life at 12-week follow-up. Finally, we also found a significant improvement in each VVA symptom (p<0.001) and in QoL evaluation, both for the physical (p=0.013) and mental (p=0.002) domains’ scores.

Conclusions: Fractional microablative CO2 laser is associated with a significant improvement of sexual function and satisfaction with sexual life in postmenopausal women with VVA symptoms.