

# Patient Information & Instruction Leaflet

## High-Intensity Focused Ultrasound (HIFU) for Vaginal Rejuvenation

### What is HIFU Vaginal Rejuvenation?

High-Intensity Focused Ultrasound (HIFU) is a noninvasive procedure that delivers focused ultrasound energy to vaginal tissues to stimulate collagen production, improve tone, and restore function. It is used to treat symptoms such as vaginal laxity, dryness, discomfort, and mild urinary leakage.

### Who is it for?

- Women with vaginal laxity after childbirth or aging
- Those experiencing mild stress urinary incontinence
- Patients with vaginal dryness or Genitourinary Syndrome of Menopause (GSM)
- Postmenopausal women not on hormone therapy (treatment will be adjusted accordingly)

### Before Your Procedure

- No special preparation is usually needed.
- Inform your doctor if you have had recent vaginal surgery, infections, or are pregnant.
- Empty your bladder before the session.
- A pelvic exam may be performed to assess your condition.
- You may be asked to sign a consent form before treatment.

### What to Expect During the Procedure

- The procedure takes about 15–25 minutes.
- A lubricated probe is gently inserted into the vagina.
- You may feel mild warmth, tingling, or vibration.
- No anesthesia is usually needed.
- Most patients report minimal discomfort.

### Aftercare Instructions

- You can resume normal activities immediately.
- Avoid internal vaginal washing or tampons for 2–3 days.
- Use only mild feminine hygiene wash.
- Avoid sexual intercourse for 3–5 days or as advised.
- Report any unusual discomfort or discharge to your doctor.

### Follow-Up and Maintenance

- Benefits appear gradually over 4–8 weeks.
- A typical course includes 2–3 sessions spaced 4–6 weeks apart.
- Annual maintenance sessions may be recommended for lasting results.
- You may be asked to complete symptom score forms like FSFI or ICIQ-SF.

### Possible Side Effects

- Mild soreness, discharge, or spotting (temporary)
- Rare: irritation, infection, or burns
- No downtime is expected in most cases

### **Contact Your Doctor If You Experience:**

- Persistent pain, fever, or unusual discharge
- Signs of infection or discomfort lasting more than a few days
- Any urinary or vaginal symptoms that worsen

### **Important Notes**

- This is not a permanent solution. Maintenance is often required.
- The procedure is not a replacement for pelvic floor physiotherapy or surgery when indicated.
- Avoid clinics making exaggerated claims like “virgin-like tightening.”
- This treatment is elective and may not be covered by insurance.