



## Patient FAQ Sheet: Radiofrequency (RF) Treatment in Cosmetic Gynecology

### What is RF Treatment?

Radiofrequency (RF) treatment uses controlled heat to stimulate collagen and improve the tone, elasticity, and health of vaginal and vulvar tissues.



### Common Reasons for RF Treatment

- Vaginal looseness (laxity) after childbirth or aging
- Vaginal dryness or irritation (especially after menopause)
- Mild stress urinary incontinence (leakage when coughing/laughing)
- Discomfort during intercourse
- Cosmetic concerns (mild sagging or wrinkling of labia)



### Frequently Asked Questions

#### 1. Is the procedure painful?

Most patients feel a warm sensation or mild pressure, not pain. No anesthesia is usually required.

#### 2. How long does a session take?

Each session typically takes **15–30 minutes**.

#### 3. How many sessions will I need?

Usually, **2 to 4 sessions** are recommended, spaced a few weeks apart. Maintenance may be needed annually.

#### 4. When will I see results?

Some women notice changes within **2–4 weeks**; full results may take **up to 3 months**.

#### 5. How long do results last?

Results typically last **6 to 12 months**. Maintenance treatments can help extend benefits.

#### 6. Is RF treatment safe?

Yes, when done by trained professionals using approved devices. Side effects are usually minor: temporary redness, swelling, or mild spotting.

#### 7. Are there any restrictions after treatment?

Avoid:

- Sexual intercourse
  - Tampons or douching
  - Hot baths or saunas
- for **24–72 hours**, depending on your provider's advice.

#### 8. Who should not get RF treatment?

RF is not advised if you:

- Are pregnant or trying to conceive
- Have a pacemaker or metal implants in the pelvis
- Have active genital infections or untreated pelvic prolapse
- Have vaginal cancer or a history of pelvic radiation (unless cleared by your doctor)

#### 9. Does it replace hormone therapy?

No, but it may be an alternative if you cannot take hormones. RF can also be used alongside other treatments.

#### 10. Is this a permanent solution?

No. Effects fade over time as tissues age naturally.



### Legal and Consent

This is a **non-surgical, elective** procedure. You will be asked to sign a **consent form**. Always ask questions before starting treatment.



### **Ask Your Doctor**

- Is RF right for my symptoms?
- What type of device will be used?
- Are there alternative treatments?
- What results should I realistically expect?