

THERMIVA-RADIOFREQUENCY SOLUTION FOR URINARY INCONTINENCE, VAGINAL LAXITY AND SEXUAL DISORDERS

Rafal Kuzlik

SaskaMed Clinic, Poland

Objectives: To evaluate the safety and efficacy of transcutaneous temperature controlled radiofrequency (TTCRF) on vulvovaginal tissue for vaginal laxity, urinary in-continance and sexual disorders.

Materials & Methods: Study subjects included 53 sexually active women, ages 30-70, reported vaginal laxity, urinary incontinence and sexual disorders. Each patient received two sessions at interval of four weeks. Treatment was performed with radiofrequency emitter localised on the surface of the probe and lasted 30 minutes on average. No anaesthesia was required. Tissue temperature was elevated to 47°C and maintained between 45°C and 47°C. Internal (vaginal) part of the treatment was concentrated on the anterior wall and also covered right and left side of the vagina. External part covered labia majora and minora, perineal body and clitoral hood. After treatment there were no exclusions of normal activity including sex.

Results: All 53 patients referred improvement of quality of life (QOL). Significant effect was achieved in vaginal tightening (38.1%), reduction of urinary incontinence (33.2%) and frequency of feeling urgent (54.6%), improvement of sexual satisfaction (27.2%) and the ability to achieve orgasm (25%).

Conclusions: TTCRF is an effective and safe treatment of vaginal laxity, urinary incontinence and sexual disorders. This method helps women to improve self-confidence. This is non-surgical treatment and no side effects were detected.

Biography

Rafal Kuzlik is a Specialist in Obstetrics and Gynecology. He is a Plastic and Reconstructive Gynecologist with over twenty years of professional experience. He is Endoscopist and On-Cological Surgeon. He is also a Specialist in Ultrasound Imaging. He has received a lot of certificates confirming participation in numerous courses and trainings. He has published many scientific papers. He is the Co-author of three books (in Polish): 'Plastic Gynecology', 'Physiotherapy after plastic surgical procedures' and 'Microinvasive techniques in Plastic Gynecology'. He is also the Author of two new surgery methods in the field of plastic gynecology: "One Cut technique" as simultaneous labia minora and clitoral hood reduction and Double O technique - re-position of the clitoris. He is also the Trainer of radio frequency methods in the field of nonsurgical treatment of female genital problems. He is the Owner and Principal of Saska Med Clinic in Warsaw, Poland. He is the Principal of Obs & Gyn Ward in EMC St Anna Hospital in Piaseczno, Poland and the founder of Polish Academy of Plastic and Reconstructive Gynecology.

rafal.kuzlik@gmail.com