

The Laser Vaginal Rejuvenation® Institute of Dallas™ is proud to offer Laser Vaginal Rejuvenation® and Designer Laser Vaginoplasty® to women in the Metroplex area.

You will find information regarding these services below, or please feel free to call the institute at 214-442-0055 or toll free at 1-866-593-9943 to schedule a complementary consultation with Wesley Anne Brady, M.D..

**LASER VAGINAL REJUVENATION® FOR THE ENHANCEMENT OF SEXUAL GRATIFICATION
and DESIGNER LASER VAGINOPLASTY® FOR THE AESTHETIC ENHANCEMENT
OF THE VULVAR STRUCTURES.**

**“EVERY SINGLE PROCEDURE HAS BEEN CONCEIVED AND
DEVELOPED FROM LISTENING TO WOMEN”**

LVR®/DLV® “There Is No Substitute”

The mission of LVRI of Dallas™ is to empower women with knowledge, choice and alternatives. Patients are encouraged to participate in health care decisions and surgical design. The institute strives to help each patient achieve the personalized vaginal tightness they desire as well as a pleasing appearance of the female genital structures they will be proud of.

Through the LVRI parent company and procedure pioneer David Matlock, M.D., MBA, the Dallas office has learned a tremendous amount from listening to women from all 50 states and 30 countries. Women want their gynecologist to listen to them and provide viable solutions. Women throughout the U.S. and the world have reported that Kegels do not work - but no one is listening. Women who have had children want a solution to rejuvenate the vagina and achieve the best sexual experience possible. For women with no children, solutions are available through design modification to accomplish their desires.

No one wants to age or lose optimal function anywhere, and this includes the vaginal and vulvar structures: LVR® has the solution. Research shows that vaginal and vulvar issues cause women to be self-conscious. These issues can be solved with LVR® and DLV®.

Patients with involuntary loss of urine with coughing, sneezing, laughing, exercising or sex can have their stress urinary incontinence corrected along with enhancement of sexual gratification with LVR®.

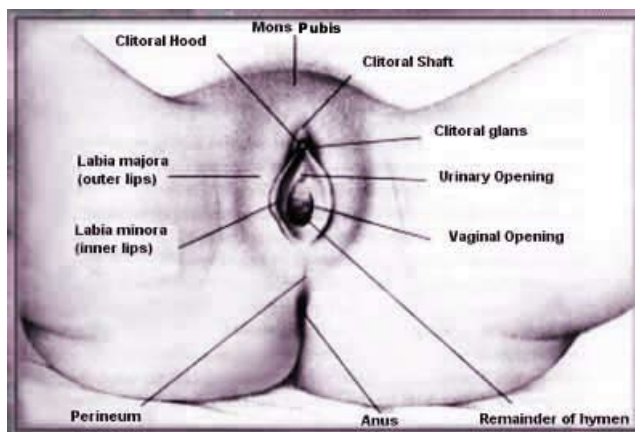
LASER VAGINAL REJUVENATION® FOR THE ENHANCEMENT OF SEXUAL GRATIFICATION

Laser Vaginal Rejuvenation® (LVR®) is a one-hour outpatient surgical procedure designed to enhance sexual gratification. According to Master and Johnson, sexual gratification is directly related to the amount of frictional forces generated. Through LVR®, these frictional forces can be heightened, leading to greater sexual gratification. LVR® is the modification of a gynecological surgical procedure used for the treatment of stress urinary incontinence.

The institute's laser techniques result in gentle precision procedures with controlled accuracy that results in relatively bloodless surgery. Patients experience rapid healing and quick resumption of daily activities using pioneered techniques available in Dallas only through the Women's Wellness Institute.

Laser Vaginal Rejuvenation® (LVR®) can effectively enhance vaginal muscle tone, strength, and control, while effectively decreasing the internal and external vaginal diameters to strengthen the perineal body (see Figure 1 below).

LVR® has been shown to remedy vaginal relaxation, a condition that causes muscles to relax leading to poor tone, strength and control. Under these circumstances, the vagina is no longer at its optimum physiological state. As a result, the sensual side of sexual gratification is diminished. LVR® was designed to enhance sexual gratification for women, who, for whatever reason, lack an overall optimum architectural integrity of the vagina.



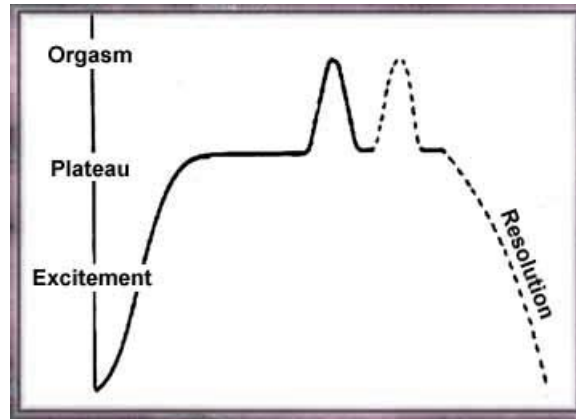
*Figure 1 "Female Anatomy"

The female sexual response cycle

Principle understanding of the physiology of the human sexual response emanates from observational research studies by William H. Masters, M.D. and Virginia E. Johnson. The researchers tested 382 women and 312 men in more than 10,000 episodes of sexual activity.

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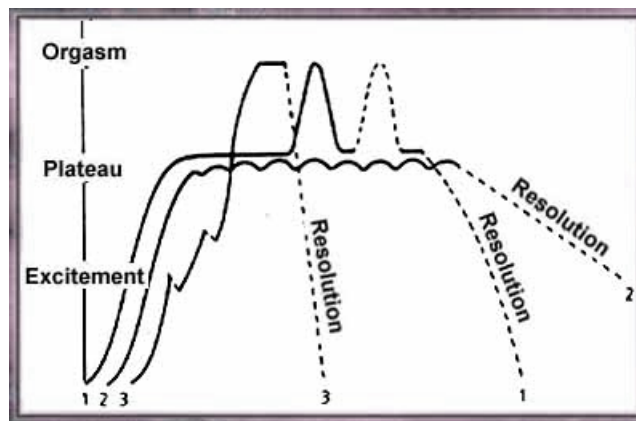
They also studied more than 7,500 cycles (one cycle is an individual episode of sexual activity) of female sexual response during intercourse, masturbation or oral sex. They were the first researchers to put forth a four stage model that described and explained these natural physiologic changes. The four stages are excitement, plateau, orgasm and resolution.



*Figure 2A "The Female Sexual Response Cycle"

As a sexual biological organism, women are superior to men

Women are multiorgasmic. The female sexual response cycle is unimpeded by a required refractory period that prevents successive orgasms in the male.



*Figure 2B "Variations in the Female Sexual Response Cycle"

The LVR® program was developed through listening and caring about the needs of women in this area of sexual gratification. The historical research of Masters and Johnson was integrated to provide the ultimate individual design of each of the laser surgical procedures.

Laser Vaginal Rejuvenation® is a one hour outpatient surgical procedure. The procedure is designed to enhance the feelings of sexual gratification. This is accomplished through a reconstruction process of vital areas of vaginal relaxation that are essential to sexual gratification, namely the outer third of the vagina, the orgasmic platform, internal and external vaginal diameter, introitus, and perineal body (See Figure 1).

Laser Vaginal Rejuvenation® for the enhancement of sexual gratification is the modification of a standard existing gynecologic vaginal surgery used throughout the world for the treatment of vaginal relaxation and its associated symptoms, primarily that of stress urinary incontinence (involuntary loss of urine with stress such as exercise, etc.)

Vaginal relaxation is the loss of the optimum structural architecture of the vagina. In the vaginal relaxation process, the vaginal muscles become relaxed with poor tone, strength, control and support. The internal and external vaginal diameters can greatly increase. The muscles of the perineum (the group of supporting muscles right outside the vaginal opening at the bottom) thin and separate in the midline producing a weakened, poorly supportive, thinned out perineal body.

Under these circumstances the vagina is no longer at its physiologically optimal sexual functioning state. In short, the sensual side of female sexual gratification is diminished. Thus, vaginal relaxation has a detrimental effect on sexual gratification because of the reduction of sexual feelings or pleasure. Laser Vaginal Rejuvenation® has been shown to remedy vaginal relaxation and restore the original vaginal anatomy.

Vaginal Relaxation and Functional GYN Problems

Thirty million American women suffer from symptoms of vaginal relaxation and stress urinary incontinence. Many women have difficulty controlling their urine in certain situations or notice changes in their bowel habits. These two symptoms may be related to a common set of problems that may occur as a result of childbirth, aging or a combination of both. Grouped together these problems are referred to as pelvic relaxation.

The goal of this section is to acquaint patients with the various forms of pelvic relaxation as well as causes, symptoms and treatment. The pelvic organs include the vagina, uterus, bladder and rectum. These organs are held in position by three types of supports:

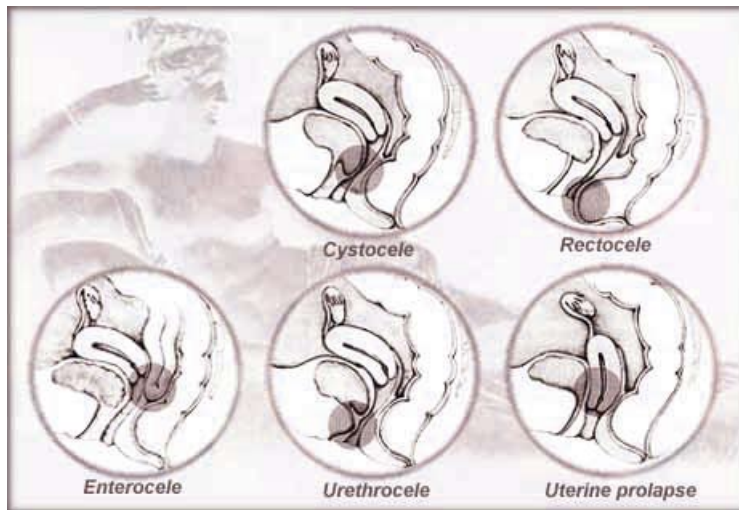
- 1) muscles
- 2) sheets of tissue called fascia
- 3) and ligaments

When these supports become damaged for various reasons, one or more of the pelvic organs may sag and, occasionally, even protrude outside the vagina. These are called pelvic support defects.

During childbirth, as the baby passes through the birth canal, the muscles, fascia and ligaments separate and may be weakened. This weakening gradually worsens and, in later years, may cause the pelvic organs to drop from their normal positions.

Occasionally, this weakening of the muscles and tissue may occur in women who have never had children. In these women, the cause may be:

- Inherited weakness of the supporting tissues
- Unusual strain placed on the supporting tissues by a chronic cough
- Unusual increases in abdominal pressure
- Obesity



*Figure 3 "Pelvic Relaxation"

The general symptoms associated with pelvic relaxation depend on which organs are affected. Often there is a feeling of heaviness or fullness. Small or moderate amounts of urine may be lost with normal physical activities such as laughing, coughing, walking or running. In more advanced and rare cases a mass may actually protrude from the vaginal opening. Based on the organ or organs involved, pelvic support defects can be defined more specifically as:

- Cystocele
- Urethrocele
 (most of the time the cystocele and urethrocele occur in combination –cystourethrocele)
- Rectocele
- Enterocoele
- Uterine prolapse

A cystocele occurs when the bladder falls or descends from its normal position. The most common symptom associated with cystocele is difficulty in completely emptying the bladder. This can be associated with bladder infections. Large cystoceles can cause the bladder to overfill and allow small amounts of urine to leak. Leakage is most common during activity such as walking or bouts of coughing.

An urethrocele usually occurs in conjunction with a cystocele. Both of these conditions result in, among other things, involuntary loss of urine, particularly when there is increased pressure in the abdomen, caused by walking, jumping, coughing, sneezing, laughing or sudden movements.

Rectoceles appear when the rectum bulges into or out of the vagina. Rectoceles usually occur as a result of injuries sustained during childbirth. With a weakened or bulging rectum, bowel movements become more difficult.

An enterocele is the bulging of small intestines into the back wall of the vagina.

Uterine prolapse occurs when the uterus falls or is displaced from its normal position. There are varying degrees of severity depending on the descent. This produces a general feeling of heaviness and fullness or a sense that the uterus is falling out.

The diagnosis of these problems includes a thorough history and physical examination. Other tests depending on the circumstances include a "Q-tip" test, urodynamic studies (a painless fifteen to twenty minute computerized bladder and urethra functional studies), urethroscopy (instrument used to evaluate the inside of the bladder and urethra), or X-rays of the urinary system.

For all practical purposes, definitive treatment is surgical correction of the specific defects.

DESIGNER LASER VAGINOPLASTY® FOR THE AESTHETIC ENHANCEMENT OF THE VULVAR STRUCTURES

Designer Laser Vaginoplasty® (DLV®) is the aesthetic surgical enhancement of the vulvar structures, labia minora, labia majora, mons pubis, perineum, introitus and hymen (see figure below). Using these techniques surgeons can repair conditions that result from the aging process, vulvar injury or childbirth trauma. DLV® has provided creative treatment solutions for patients from over 35 states and 20 countries. This has provided vast experience and creative expertise to aesthetically design procedures in line with the specifications and desires of the patient.

Although experience and techniques provide the ability to design most anything that one can desire, the institute's most common DLV® procedures are as follows:

DLV®-Laser Reduction Labioplasty (of the labia minora) can sculpture the elongated or unequal labial minora (small inner lips) according to a woman's specification.

DLV® -Reduction of Excess prepuce (excess skin along the sides of the clitoris) The reduction of the excess prepuce provides the desired aesthetic enhancement of the clitoral skin. The majority of women having laser reduction labioplasty need the reduction of excess prepuce for a complete aesthetic result

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DLV® -Laser Reduction Labioplasty with combined reduction of the thickness of the labia minora. Some women note that due to childbirth, aging, or genetics the labia minora are too wide or thick. A combined reduction of the labia minora along with the thickness, can be accomplished with DLV® -laser reduction labioplasty and provide the desired aesthetic look.

DLV® -Removal of the hyperpigmented ends of the labia minora. Through DLV® -laser reduction labioplasty this can be accomplished. Some women do not like the hyperpigmented ends of the labia minora. They desire to have a uniform coloration throughout.

DLV® -Laser Reduction Labioplasty of the labia majora (large outer lips). The large protruding or sagging labia majora can be aesthetically sculptured by one of three DLV® - laser methods to produce an aesthetically pleasing result. This sagging process can result from childbirth, weight loss/ weight loss surgery, or aging.

DLV® -Laser Perineoplasty can rejuvenate the relaxed or aging vulvar introitus (vaginal opening), labia minora, labia majora and perineum (area immediately outside the vagina and above the anus) to provide that youthful, aesthetic look and feel of the vulvar structures.

Hymenoplasty (reconstruction of the hymen) can repair the hymen to its original state. The Laser Vaginal Rejuvenation Institute® of Dallas™ is sensitive to the needs of women from all cultures that embrace these particular issues because of cultural, social, or religious reasons.

DLV® and LVR® may be performed in combination. They can also be performed with most cosmetic surgical procedures; the most popular of these are liposculpturing, breast implants, breast reduction, tummy tuck, nose surgery and eyelid surgery. It is also possible to combine LVR® and DLV® with Novasure™ endometrial ablation for heavy periods or Essure™ incision less sterilization.

If you are interested in learning more about Laser Vaginal Rejuvenation® or Designer Laser Vaginoplasty® please call the institute's office at 214-442-0055 or toll free 1-866-505-9943.

LVRI of Dallas also be reached via email at info@womenswellnessinstitute.com.

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