

What to Know About Intima Treatments

- The purpose of the Intima treatment is to rejuvenate the internal vaginal tissue in order to reduce the symptoms of stress urinary incontinence, vaginal dryness and sexual discomfort. Unfortunately, it does *not* treat urge incontinence. (Stress urinary incontinence is when you pee either a little or a lot when you cough, sneeze, jump, or do anything else that causes increased abdominal pressure.)
- Intima is a quick, simple and safe procedure that is performed in the office.
- The procedure is virtually painless, and typically takes around 15 minutes to treat both internally and externally. Although clients feel almost nothing during the internal treatment, there can be some mild discomfort with the external aspect, so we apply some numbing cream to the opening of the vagina prior to treatment.
- Clients can return to normal activities, *except* for vaginal intercourse, immediately after the treatment. (There should be nothing put into the vagina for seven days after the treatment.)
- Start with a consultation and first treatment, then follow that with two more treatments spaced about a month apart. Maintain improvements with single treatments every 6-12 months.

If I am already a client and have talked to the doctor about the Intima, do I still need a consultation?

Yes! All clients must have a consultation prior to being treated with the Intima to make sure that the treatment is appropriate. This consultation will include a complete medical history taking, an interview and physical exam by a Morpheus Provider, and can be immediately followed by your first treatment. Rarely, a woman may be found to have anatomy that requires hormonal or other treatment prior to being able to tolerate the Intima. If this is the case, we will treat her according to what is medically indicated.

When will I notice a difference?

Many clients feel and see improvement after the first treatment, although the procedure calls for three treatments spaced approximately four to five weeks apart for optimal results. At Morpheus, we require clients to commit to three treatments by purchasing a series rather than a single treatment for their first time. In some cases, clients with very severe vaginal atrophy (often because of treatment for breast cancer or other causes of early menopause), may find that three treatments provide some benefit, but not total resolution. In these cases, clients may elect to have additional treatments separated by a month apart and may purchase these either as individual treatments or take advantage of the discounted prices for another series.