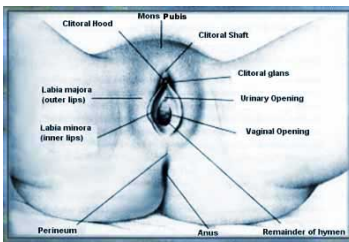


Rejuvelaser

Laser Vaginal Rejuvenation® (LVR®) Introduction

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. We can accomplish this with LVR®. LVR® is the modification of a gynecological surgical procedure used for the treatment of stress urinary incontinence. Our laser techniques result in gentle precision procedures with controlled accuracy that results in relatively bloodless surgery. Our pioneered techniques result in rapid healing and resumption of daily activities in a short period of time.



Laser Vaginal Rejuvenation® (LVR®) will effectively enhance vaginal muscle tone, strength, and control. It will also effectively decrease the internal

and external vaginal diameters as well as build up and strengthen the perineal body. In vaginal relaxation due to aging and child birth, the muscles are relaxed and have poor tone, strength, and control. The internal and external diameters increase. The muscles of the perineum are weak and poorly supported. 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.

The Laser Vaginal Rejuvenation Institute of Minnesota is founded and directed by Steven Shu, M.D., M.B.A. Dr. Shu is one of few physicians in North America to have been personally trained by Dr. David Matlock at the Laser Vaginal Rejuvenation Institute of Los Angeles. Dr. Shu is the first physician to perform Laser Vaginal Rejuvenation® and Designer Laser Vaginoplasty® in Minnesota.

Frequently Asked Questions:

What is Laser Vaginal Rejuvenation® (LVR®)?

Laser Vaginal Rejuvenation® (LVR®) is a surgical technique that strengthens the vaginal muscle tone and effectively decreases the internal and external diameters of the vagina. By recreating the tightness that was present prior to childbirth, LVR enhances sexual pleasure for a woman and her partner.

Who is an ideal candidate for Laser Vaginal Rejuvenation® (LVR®)?

An ideal candidate is any woman who hopes to return her vaginal structure to its pre-pregnancy state, or who is looking to repair her vagina to increase her sexual sensations during intercourse. The procedure is performed primarily in women who have had children vaginally, but may be done for any woman who has laxity in the vaginal area.

Is this considered a cosmetic procedure or a medically necessary procedure?

Laser Vaginal Rejuvenation® (LVR®) is considered elective, cosmetic procedures and are not covered by insurance.

How is the procedure performed?

The vaginal tissues are repaired by bringing the stretched or torn areas back into their proper anatomic positions, as they used to be before pregnancy. These procedures entail removing the stretched tissues with laser, re-approximating torn muscles and supporting structures, then completing the repair of the vaginal opening to build up the tissue and recreate a more youthful functioning vagina.

Where is Laser Vaginal Rejuvenation® (LVR®) done?

Dr. Shu performs the Laser Vaginal Rejuvenation in the procedure room of Edina office.

How much pain is involved with Laser Vaginal Rejuvenation® (LVR®) surgery?

As with all surgery there will be some discomfort. However the techniques of the surgery minimize the discomfort. I use long acting local anesthetics that greatly reduce the amount of initial postoperative discomfort. Most women describe the pain as mild. We will provide you with appropriate pain medication for your comfort.

How long does the surgery take?

The times will very depending on whether one procedure is being performed or a combination of procedures. Generally 1-2 hours.

How soon after the surgery can I return to work?

Depending on the type of work you do, most women can return to work in a week. Strenuous activity should be avoided for 4 to 6 weeks in some cases.

When can I resume sexual intercourse?

Generally this will be 6 weeks. The same is true for Tampon usage.

What are the risks and complications for Laser Vaginal Rejuvenation® (LVR®)?

The complications involved with this procedure are generally rare. These can include bleeding, hematomas, infection. Because other organs are right next to the vagina, there is always a possible problem of injury to the bowel, the bladder, ureters, and vascular structures. Other potential problems include re-separation of the vagina, or what is called dehiscence.

I am considering other cosmetic surgery. Can LVR or DLV be done at the same time?

Yes. Both procedures can be done at the same time as other cosmetic surgery.

I have heard that this can cure urinary leakage. Is this true?

Laser Vaginal Rejuvenation® (LVR®) can cure mild forms of Stress Incontinence. However, we would need to evaluate your individual situation to determine if another type of medically indicated procedure would be the best option.

I do not live in the Twin Cities. Can you make arrangements for out-of-town clients?

My office can certainly accommodate your situation. Depending on the procedure and your travel distance you may need to plan for 2-4 days in the Twin Cities.

Is this new?

Laser Vaginal Rejuvenation® (LVR®) was based on a fairly standard gynecologic procedure called Anterior and Posterior Repair. In 1990, Dr. David Matlock combined the basic procedure with modern cosmetic surgical techniques and the improved healing power of the Laser to develop LVR/DLV. So the answer is no and yes.

Are women who have not had children candidates?

We are all different. Because of anatomical variation some women experience these problems without having had children. They are candidates for LVR/DLV also.

What type of anesthesia is used?

Dr. Shu uses the long lasting Pudendal nerve block with local anesthesia plus IV sedation.

Can Laser Vaginal Rejuvenation® or designer laser vaginoplasty be combined with other cosmetic surgical procedures?

Yes, Dr. Shu can combine designer laser vaginoplasty with most cosmetic surgical procedures such as breast, face, eyelid, or tummy tuck surgery.

Do I have to be a patient of the practice to have any of these procedures?

I am happy to offer these services to any woman who feels they would benefit from Vaginal Rejuvenation or Designer Vaginoplasty.

Contact Information

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