

# The use of Er:YAG laser therapy in mild and moderate stress urinary incontinence

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## **ABSTRACT**

**Introduction:** The use of vaginal laser therapy is widely known in the aesthetic field. Its clinical use is limited due to lack of robust evidence. In the field of Urogynaecology, Erbium:YAG laser is used as a treatment for stress urinary incontinence (SUI), genitourinary syndrome of menopause and less commonly pelvic organ prolapse. This video is aimed to create the awareness among general gynaecologists and urogynaecologists regarding the role of laser as an alternative option for the treatment of SUI. It demonstrates the use of Er:YAG laser in mild to moderate SUI. Early outcome of three patients who had Er:YAG laser for SUI following the completion of 3 cycles of laser is also evaluated. **Materials and Methods:** This video documents the laser procedure in a 52-year-old para 3 who had moderate SUI. The pre-procedure requirement, potential complications and treatment regime is highlighted. Evaluation of the early outcome is based on the validated Bahasa Melayu version of the Urinary Distress Inventory – Short Form (UDI-6) and Incontinence Impact Questionnaire (IIQ-7) at baseline and upon completion of treatment. **Results:** The short-term outcomes of the three patients who underwent Er:YAG laser treatment show improvement in the UDI-6 and IIQ-7 scoring. Overall, no severe adverse event is reported. One patient reported irritation and burning sensation at the vaginal introitus which improved after estrogen application. **Conclusions:** The Er:YAG laser has a role as an alternative treatment for mild and moderate SUI given a careful selection of patients and thorough discussion with patients regarding the potential outcome and complications.