DAY ZERO

Our office received a new laser today that makes many promises:

* To cure vaginal dryness
* To relieve painful sexual intercourse
* To firm and tighten the loose walls surrounding the vagina after childbirth
* To relieve the symptoms of a leaky bladder (during coughing, sneezing, laughing, jumping or running)
* To stimulate regeneration of new, healthy, collagen-filled cells in the vagina

All seemed too good to be true, and I am a natural-born skeptic.

We used a young model who was willing to let us train on her. She is a 39-year-old woman who has had children, and her main complaint was urgency and a leaky bladder.

The patient very easily tolerated the laser and reported little to no feeling whatsoever during the treatment. As we were learning, it only takes one “pass” through the vagina for the first treatment. It should be noted that two to three are recommended in the second and third treatments. Patients are urged to wait for five to seven days after the treatment before inserting anything into the vagina.

The patient reported little to no excitement until later the following week. She said she had less urgency issues, and her husband reported feeling like her vaginal canal was a bit tighter than it was before. Score!

So, now I think I need to try it myself. Of course I do!

DAY ONE

Background on my situation: I am a 47-year-old woman who has given birth to three beautiful girls. I had my uterus removed in 2013 for odd reasons, but nonetheless... it is gone.

I began nearly immediately with painful intercourse and vaginal dryness. Not to mention, I began referring to my female part as "the angriest b\*tch I know." It always felt like I was burning, but every time I was checked out, I was told I did not have a yeast infection or any other issues that could be treated.

My urogynecologist basically told me, "Welcome to menopause," and "Best of luck." It was so sad. I truly had no recourse. I am a girl who thoroughly enjoys having sex, and this was killing my mojo.

My husband and I tried so many "home remedies" to make this less painful. We tried lubricants like KY and, believe it or not, Vaseline (recommended by the urogynecologist who wished my luck). We even tried Astroglide to try to numb my vagina so that I could get my husband in. It worked, but deadened any sensation. I even asked my regular gynecologist to prescribe me some Estradiol cream. This helped with the burning sensation, but never fully took that burning feeling away.

God bless my husband, though. He persevered and got into the project, finding new and interesting ways to help this girl enjoy our time together. And he did a good job; I discovered many other ways to "climax", but I always felt like I had lost an important piece to my overall puzzle.

I had known for a few weeks that this new laser was coming to our office, and I knew I was the right person to try it. I am our target audience, right?

So... After our training, I had begun to think about ways to get myself treated: If I stand up and insert the laser, I could work the foot pedal and then no one at work would have to see me naked. Good plan, right?

Wrong. Dr. Fischer comes to me and says, "Come on. We are going to get you treated right now." I was excited and scared and not to mention, I wasn't waxed and didn't have my legs shaved! So be it. I got on the table and we handled this like two professionals (who have to see each other every day at work for years to come!).

Flashback: I had been burning badly this week also because I didn't want to buy anymore Estradiol cream if I was going to try the laser. I literally was in pain when the stream from the shower hit my labia and inflamed the burning sensation. Wiping hurt. I hate this vagina! It was making me so, so sad.

Flashforward: I was able to lie on the table and take two passes without flinching. The laser did not hurt... at all. I could feel the vibration as the laser fired, but nothing hurt.

After we finished, I noticed my vagina was "heating up." It got very warm, but not painful. I recalled from our training that this is normal after treating other parts of the body with a laser; this is an expected result.

Within an hour, the "warm" sensation had dissipated. Later that evening, I got a thick, white discharge (which the rep assured us is a normal phenomenon; I confirmed with Patient #1!). As the evening progressed, I realized I was no longer feeling that awful burn I had had for the last week.

It was at this point that I recalled something the rep had said during training: "When the cells in the vagina plump up, the pH becomes normalized." That's it! That had to be what had been causing me to burn so badly all the time; my poor vagina was soaking in acid! And that is truly what it would feel like. Horrible!

My husband vowed not to come near me for a full week to "give it time to heal." And I slept...

DAY TWO

I took a shower and it wasn't until after I had finished that I realized, "Hey, that didn't hurt at all." I gave it the “wipe" test... and that didn't hurt either! Oh my God... Is this working?!

DAY THREE

My husband and I went to the beach for the weekend. True to his word, he didn't touch me. :(

DAY FIVE

We had waited long enough (so not quite a full week, but...!), and I was ready to try to see if this is really working. Ladies... I can tell you beyond a shadow of a doubt that I am thrilled with my results so far! No lubrication was used, no pain on insertion and I got my bell rung! I almost cried! I was so thrilled!

I asked my husband what he thought, as I had not filled him in on everything this laser touted. He asked, "Is it possible that it feels tighter?" I wanted to jump up and down and scream, “Yes, yes, yes!”

Complete perfection!

I did still have a little bit of burning right afterward, but this dissipated within 20 minutes (unheard of previously). I wasn't sure if that was because we didn't wait the full week or if I was going to continue to have an issue. I am supposed to have three total treatments (spaced six weeks apart), so I will keep you posted.

Until then... happy girl. Happy girl.

DAY FIFTEEN

So, I no longer think it was my imagination. I have noticed some HUGE, exciting changes. I'm not sure how much further I can go with humiliating myself for the greater good here, but I am going to do my best because I think people need to start discussing the fact that we don't have to live like this anymore!

So, here goes....

Even further full disclosure: When I had my hysterectomy, the doctor tried a procedure at the same time to help me with my cough-pee, sneeze-pee, laugh-pee, run-pee and jump-pee issue. Again, this is common after childbirth. (Seriously, I am wondering why any of us decide to procreate!) Nonetheless, I underwent surgery and had a Burch procedure where they tack up your bladder to alleviate the "dribbles." Needless to say, mine was unsuccessful.

I have, over the past year, become a pretty avid workout gal. These workout sessions were known to me as Poise pad fillers. Every time I started to run, and God forbid jump rope, I peed myself. Fully and completely.

So, I had my first RejuVAnate treatment on August 4th. I was so focused at the time on how it may have changed my sex life for the better that I hadn't really realized the full benefit. I realized after a workout... my pad is dry. Maybe it was a fluke. The next day... my pad is dry. Drink more. Try again. The next day... MY PAD IS DRY! The ultimate test - 100 count jump rope... not a drop! I am so elated! I feel like a new woman!

So, not only am I having no burning sensation on a regular basis from a pH imbalance in the vagina, but I am also self-lubricating as any good vagina worth its weight in gold should do, I have had a few incredible sex sessions, I am no longer using hormone creams and I don't need to wear Poise pads!

The Holy Grail

DAY TWENTY-SIX

This past holiday weekend, I noticed that I had started with an old, annoying problem; the one where you feel like you have to pee NOW! Urgency is the term for that. I wasn't aware that the issue was becoming a problem again until I found myself running for a restroom. All of a sudden, it dawned on me... It’s time for my second treatment! I need it! I don't want to have to deal with this problem anymore! I have had a taste of what it is like not having any "old lady" issues, and I want to live that life!

DAY TWENTY-NINE

My husband was feeling frisky last night and we did the deed. Since I am HYPERSENSITIVE to the issue, I paid attention to how this time felt vs. the initial romps a week after my treatment. I definitely felt a bit of that old, burning sensation. I was more than a little upset, so I spoke with Dr. Fischer here at the practice. She assured me that all laser treatments aimed at collagen regeneration (whether for a facial treatment or vaginal rejuvenation) suffer a six-week decrease in forward momentum. But this decrease is temporary. Apparently, it takes the body six to twelve weeks to begin to pump up the plumpness in the cells as your own collagen begins to generate. In English… the doctor (and the company that makes the laser) recommends three treatments at the start, with six weeks between treatments. This way, your body has a chance to begin refueling the vagina with new, healthy cells.

The doctor has assured me to not lose faith and schedule the 2nd treatment. I’m looking forward to Monday!

DAY TWENTY-NINE (Continued) - Afternoon

One of the perks of working here is I scheduled my procedure for IMMEDIATELY and just got the treatment! Same as last time… no pain. I just felt the vibration of the movement from the laser. So excited…

DAY THIRTY-TWO

I could tell within 24 hours that I was fixed! The urgency and mad dashes to the restroom subsided. The burning feeling I had prior to the treatment ceased within hours. As of this morning, my vagina is perfection! I can’t wait to get her back in commission!

DAY THIRTY-THREE

So, lets further explore the perks of working for a cutting-edge plastic surgeon. As the nurse for the center who is heavily involved in the marketing and promotion for vaginal rejuvenation (of which I am a HUGE fan!), I am scheduled to make an appearance on the local radio station tomorrow morning to speak to the DJs about the laser we have available. Who better to speak about it right? Not just anyone is willing to go on a public outlet and spill their humiliating and embarrassing background in order to notify John Q. Public that us gals don’t have to live that way anymore. All for the greater good! So, the plan has been set into motion.

This afternoon, the doctor asks me, “Would you like to get your Sweet Spot shot today so that you can speak about that procedure as well?”

Now, I am not sure if you know what I am talking about here. Allow me to explain. In addition to that lifechanging laser procedure that helped rid me of my dry, angry vagina and has provided me with a healthy, happy one, our doctor also offers a shot that is supposed to make your orgasms exponentially better.

I am not sure what woman (who enjoys sex as much as I do) would ever say no to the doctor’s offer!

Next thing I know, I am undressed and lying on a table with some numbing cream slathered onto my clitoris and just inside my vagina. Numbing cream is apparently necessary as the procedure is an injection into my clitoris. I am dreading what I am about to experience and my heart is literally pounding with the nerves. Add to this the fact that all the other ladies that work in my office want to see how this gets done. (Side bar – this is not new for the office. We always watch procedures and try to put ourselves in our patient’s place to be able to speak to how any procedure feels and what to expect.) So, I have a gallery in the room to witness my Sweet Spot shot. Ugh…

Our doctor, Dr. Beverly Fischer, was trained by the man who invented the O-Shot®. His books make two claims: First, women who have never experienced a climax… will. Second, those who do achieve orgasm… will experience one like no other, and the treatment has the possibility to lead to female ejaculation. The procedure takes 20 minutes and lasts 6 months to a year.

After taking the last few months to make my vagina hospitable again, I decide I am ready for this next step!

My blood gets drawn. The blood gets spun down in a centrifuge to separate the red blood cells from the protein rich plasma (PRP). PRP is the yellow stuff that spins out. This is what the doctor uses to inject back into me. So, there is no chance that I could be allergic to the procedure because it is made up of my own blood.

The doctor then adds some Calcium Chloride to the PRP and prepares for my injections.

So, as all of the women in my office watch and I have my face covered bracing for the worst pain I could ever imagine…

The doctor says, “How did that feel?”

I say, “Did you do anything yet?”

She says, “The first shot is done!” I had no idea. I hadn’t felt a thing. And then I realize what she just said…

“First shot?!”

“Oh yes. The second shot goes near the base of the urethra. You shouldn’t feel a thing.”

So, I brace myself again. This time, I watch the girls’ faces and I see their eyes are wide as they appear to be waiting for me to scream.

The doctor says, “Okay, you are all done.” Again, I felt nothing, and the girls in the room are looking at me as if they really cannot believe I hadn’t felt anything. Please allow me to assure you that I am the biggest baby in the office and cry at the drop of a hat. I bawl every time Valerie tells me I need to get filler in my lips, but honest to goodness, I didn’t feel a thing.

So, now I am alone in the office treatment room and immediately realize my cookie is plump. Really plump. The doctor assures me that this is normal and the swelling will dissipate.

I finish my day and head home to the husband. I am curious, but cautious because I just had a needle poked into my most sensitive lady parts. I was just getting used to having sex on a regular basis and really enjoying it. I wonder what this new development will bring. It takes a few hours for the numbing cream to wear off. It’s about 9 pm and I run my fingers across my clitoris to see if I can feel anything different.

It sent a vibration through me that went straight to my toes. I can feel I am still swollen, but all I can think is… it’s time to test this out for real. Again, God bless my husband and his constant willingness to take the scientific route to testing out our procedures. As usual, he was ready, willing and able!

I will spare you all the extreme details, but I have to tell you… I’m very sure there was an earthquake, and I thought for sure some windows should have shattered…

So, I am ready for my interview in the morning…

DAY SEVENTY-FIVE

It has been a while since my last post, but I wasn't quite sure what I should say. Since my last post, I have received the second and third laser treatments.

There is not much more to my story, unless this blog should read like a real 50 Shades of Grey novel. The single greatest gift I have been given since my first vaginal laser treatment is: Spontaneity. My husband and I can (and do) have sex whenever (and wherever) the feeling strikes. We had lost this long ago when I had to worry about whether or not I was "clean" and whether I had the latest cream or jelly that I needed to lubricate me enough to tolerate the upcoming session.

Sex is no longer "tolerated." Sex is enjoyed thoroughly, often. My husband and I are like a teenage couple, and I couldn't imagine losing this feeling ever again.

I have vowed to fight long and hard to keep my engine in tip-top shape and to make sure my husband and I never lose this intimate bond.

Many thanks to Dr. Beverly Fischer for this awesome gift!