

Labiaplasty: a Cosmetic Breakthrough

What is Labiaplasty?

Labiaplasty is a surgical procedure that alters and modifies the length and shape of the outer and inner lips of the vagina. Even though Labiaplasty is not one of the most heard of procedures, distortion in the shape of the outer lips called, 'Labia Majora' or the inner lips called, 'Labia Minora' of the vagina is quite common. It may either be a result of child birth, heavy sexual intercourse or even a genetic distortion.

Either way, Labiaplasty is the best solution to trim the lips of the vagina to a size that is normal and thus enable a woman to enjoy her life to the fullest.

Do You Need Labiaplasty?

Deciding if you need Labiaplasty is an important step and one that is often skipped by most women. Just about any problem in your sexual life does not make you eligible for this cosmetic procedure. Therefore, a thorough analysis and examination is a must.

Do you feel:

- Genital pain from time to time?
- You are conscious about how your vagina looks to your partner?
- You want to enhance sexual fulfillment?

If you identify with one or all of these situations, then you are a candidate for labiaplasty

Labia Minora Reduction:

The simplest and most basic procedure under Labiaplasty is Labia Minora Reduction. During this process, a section of the inner lips is trimmed to give them shape. Previously used as a medical necessity, Labia Minora Reduction has today become one of the most commonly performed surgeries among women whose vagina is distorted as a result of childbirth.

The Wedge Method:

Introduced by Dr. Gary Alter, graduate and visiting professor at The Mayo Clinic, The Wedge Method originated in the Beverly Hills and is used to change the appearance of the female genitalia completely. In this technique, the surgeon trims the Labia and reduces both, its shape and size by removing unwanted skin around the lips. This 'V' shape is then sutured to form a straight line.

Because of constant development in the equipment used for a Wedge Method, a patient will be surprised to see no scarring post surgery. Moreover, it also preserves the gentle discoloration of the external vaginal borders to give a natural feeling.

Hoodectomy:

The main reason why women opt for a Hoodectomy is enhanced sexual satisfaction and stimulation. A Hoodectomy is a procedure that removes a portion of the Clitoral Hood to expose the internal vagina, called the Clitoris.

Vaginal Tightening:

A vaginal tightening is a simple procedure that repairs and tightens the outer muscles of the vagina. It can be combined with any of the above procedures to bring about a change in the way a vagina looks and feels.

Preparation & Recovery for Labiaplasty

- Before the surgeon schedules a Labiaplasty, he will ask you to quit smoking if you are a chain smoker. Because smoking raises the chances of blood clots during a surgery, it is always advisable for a patient to look forward to a healthy lifestyle in addition to enjoying the benefits of Labiaplasty.
- Moreover, stop taking medication like aspirin or any other painkillers that contain blood thinners.
- Make sure you inform your doctor of any daily supplements that you take. Even harmless medication like Omega 3 tablets are often discontinued to make sure no complications arise as a result of the Labiaplasty.
- Perhaps the most important precaution, pre and post surgery, is avoiding sexual intercourse. For a few days before and at least 4 weeks after the surgery, you will be asked to stay away from intercourse so that your pubic region can heal properly. Because this area will be swollen and sore, it is necessary that adequate time is given for it to recover before it goes through the regular motions of sexual intercourse.
- Arrange for a friend or family member to drive you up to the clinic and back after the surgery to avoid any inconvenience at the last minute.

What are the Risks Associated with Labiaplasty?

A Labiaplasty is an out-patient procedure that takes no more than 1 to 2 hours to complete. Today, a labiaplasty is considered to be a minor and rather simple surgery that is safe to be performed on most women who have stable medical histories. While it doesn't usually result in complications, outlining some of the major risks or side effects helps patients make informed decisions.

The risks resulting from a Labiaplasty are:

- Irritation around the vagina.
- Vaginal Infection.
- Incision rupture resulting in heavy bleeding.
- Scarring as a result of surgery.
- Vaginal Pain.
- Changes in skin pigmentation.
- Revision surgeries.
- Asymmetry of the lips.
- Changes in the ability to feel sensation.

Remember, these side effects are not commonplace with every Labiaplasty. Nonetheless, you can openly discuss any reservations you may have prior to the surgery during the consultation session. Ample emotional support is part and parcel of the consultation sessions.

The Cost of Labiaplasty

This cost is 50,000/= and it covers the expenses related to:

- The professional fee of the doctor.
- The use of medical facility and equipment