

# Labiaplasty

Labial Reduction/Reshaping Surgery | Patient Information

## Background

Vaginas come in all shapes and sizes and there is tremendous variation in the “normal anatomy”. Vaginal rejuvenation surgery is often requested when there are functional or aesthetic concerns. Some women complain of rubbing or discomfort of the vaginal lips with exercise or during sex. As with most other areas of the body, the ageing process and life events such as pregnancy can affect the appearance and function of the vagina. Surgery to re-contour the vagina may help to improve self-confidence.

## What Is Labiaplasty?

A labiaplasty/labial reduction is a surgical procedure to reduce the size or to reshape the labia. This procedure can also be done to fulfil people's requests for a vaginal rejuvenation, where they feel areas of the vagina, such as the clitoral hood, requires some adjustment.

Areas that can be corrected include: -

### *Labia minora (inner lips) reduction*

The inner lips can be reshaped to reduce protrusion and decrease bulk.

### *Clitoral hood reduction*

Redundant skin at the front of the vagina can be reduced to improve the appearance.

### *Labia majora rejuvenation*

The outer labia commonly become saggy and can look empty with age. They can be re-plumped and tightened with fat transfer and/or skin reduction.

## Is the procedure right for me?

A detailed consultation with your consultant plastic surgeon is essential prior to undergoing any surgical procedure. During the consultation, your surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine you and may take some photographs for your medical records. They will ensure you have a chaperone with you during the examination and ask you to sign a consent form for taking, storing, and using the photographs. The surgeon will measure your height and weight to make sure that it is safe to do an operation. If you are overweight, or planning to become pregnant, your surgeon may suggest delaying your operation. If you decide to proceed with surgery, you will be given a ‘cooling-off’ period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding

(although please bear in mind the waiting lists for our surgeons mean this period is invariably significantly longer).

## How is the procedure carried out?

Should labial reduction surgery be agreed upon as the most suitable treatment, the procedure will be carried out by your surgeon in our operating theatre. Labiaplasty surgery is carefully performed under a local anaesthetic and takes between 1-2 hours. Redundant skin is gently removed, and the edges sealed with dissolvable stitches. You will be looked after by our experienced and caring medical staff every step of the way.

## Recovery and aftercare

The surgery is performed as a day case with no need for an overnight stay. It is quite common to experience some discomfort and swelling for a couple of days after surgery and symptoms will usually settle within a few days. The area will be a little uncomfortable for a week or so post-surgery and will gradually settle. It's not uncommon for there to be some mild swelling and bruising that will subside as healing progresses. You may need to take it easy for a couple of weeks after surgery and may need time off work, depending on your occupation. Gentle showering can commence on day two. Our team of medical experts advise that you should refrain from sexual intercourse for at least three weeks. Generally, when the area is no longer tender to touch then adequate healing has occurred so you can then look to resume normal intimate activities. You must avoid any vigorous exercise and activities for four to six weeks. Our medical team is available around the clock to offer advice and address any concerns that you may have.

## Risks and Complications

All surgical procedures are associated with risks. Your surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing labiaplasty-

- Anaesthesia risks
- Bleeding
- Infection
- Poor scarring of skin
- Fluid accumulation (seroma)
- Pain, which may persist
- Possibility of revisional surgery
- Numbness

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## Results

Once sutures have dissolved, patients should expect any rubbing, discomfort and/or aesthetic concerns to be resolved. Whilst excess skin is permanently removed, vaginal surgery doesn't stop the clock, it merely resets it. As time passes, the ageing process will once again progress. To achieve optimal results, it is important that you follow your surgeon's post-operative instructions and follow-up visits.

## Cost

Prices for labiaplasty surgery can vary. Costs may include-

- Anaesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

## Alternative treatments

Depending on your specific needs and concerns, alternative surgical and non-surgical alternatives to labiaplasty may be considered. Treatment options may include fat transfer and/or Exilis Radio frequency.

**If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.**

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## Patient Pre & Post-Operative Care Guide

### Pre-Operative Preparations

#### *2 weeks before surgery-*

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

#### *1 week before surgery-*

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) 1 week before surgery and 2 weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

#### *Day of surgery-*

**You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).**

### Post-Operative Instructions

#### *Average length of stay-*

The surgery will be performed as a day case under a local anaesthetic unless your surgeon advised otherwise during consultation. **Patients should not drive for a minimum of 24 hours post-operatively, so alternative means of transport should be arranged.**

#### *0-2 weeks after surgery*

- It is essential to ensure activity is kept to a minimum and to rest as much as possible. The less you do, the less you will bruise
- Gentle showering can commence on day two. Vigorous exercise and activities should be avoided for four to six weeks
- Paracetamol can be taken as required

#### *2 days after surgery onwards*

- Gentle walks are permitted
- Driving may resume

#### *3 weeks after surgery onwards*

- Moderate cardiovascular exercise may resume but do listen to your body- it will tell you if you are overdoing things. Deeper level healing will continue for several weeks and overdoing thing may lead to secondary bruising
- Sexual intercourse may resume, provided the area is no longer tender to touch. Adequate healing has generally occurred by this point, so you can look to resume normal intimate activities.

#### *6-12 weeks after surgery onwards*

- Swimming and more strenuous exercise may resume, as advised by your surgeon at your follow up appointment

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