

Labiaplasty

Patient Information



Dr. Jane Paterson

C O S M E T I C P L A S T I C S U R G E O N

ABOUT DR JANE

Dr Jane is highly experienced in Labiaplasty procedures..

A Labiaplasty procedure involves re-sculpting the labia minora to a size that the patient finds more satisfactory. For the right patient, labiaplasty, or labia reduction surgery, is an operation with results that can be life-changing.

The following information has been created on behalf of Dr Jane as a general guide to assist her patients.

Although the specific nature of the surgery may vary with each individual and is dependent on the exact circumstances of each patient, the information outlined below describes what you would reasonably expect to follow. It is intended to provide a broad overview of the important considerations related to the decision to have an abdominoplasty.

Patients are encouraged to further discuss this information along with any specific questions or concerns with Dr Jane during their consultation.



WHAT IS A LABIAPLASTY?

To many women, discussing their private parts can be a very sensitive topic. However, Labiaplasty/Labioplasty is increasing the popularity and women talk about it more and more.

Labiaplasty surgery (also referred to as labial reduction) has been performed in Australia since the 1980's and is designed to reduce the size or to reshape the labia minora of the vagina (inner lips) or the labia majora (outer lips)

It is not uncommon for women to feel unhappy with the appearance and structure of their vagina, especially if the labia minora are asymmetrical or long. Protruding labia minora can have adverse effects on women's day to day life.

What is the difference between a Labiaplasty and vaginal tightening?

Labiaplasty surgery is not the same thing as vaginal tightening. Vaginal tightening is usually performed by a gynaecologist and is performed to stimulate the inside of the vagina whereas labiaplasty surgery targets

the outside of the vagina and most commonly involves the labia minora (less commonly, a labiaplasty involves the labia majora and clitoral hood)



WHY ARE WOMEN HAVING THIS PROCEDURE?

A labiaplasty surgery is performed to reduce the size of the labia and reshape the labia. For some patients, this is a cosmetic choice, and for others, this surgery is performed to improve personal comfort.

Women may be embarrassed by the appearance of their genitalia, and these days, with nothing except airbrushed magazines as a reference, women can easily become confused as to what normal labia constitute. It's so important for women to understand that all shapes of labia are normal, no two women are the same, and every woman's intimate area is different.

For some women the appearance of the labia minora can cause concerns especially if they are large, hanging out, out of proportion, uneven or discoloured. Discomfort can arise when the inner labia protrude outside the outer labia as this can cause rubbing, chafing, pain and swelling. Often women with large labia minora feel discomfort during exercise, bike riding, horse riding, or when wearing tight clothing. Sexual activities can also become painful, particularly if the labia minora roll or fold into the vagina.

Women who consider labiaplasty typically experience:

- Embarrassment or aesthetic concerns
- Pain or chafing with activity, sport, bike riding, running
- Pain or chronic swelling during sexual intercourse
- Pain wearing tight clothing
- Poor hygiene/chronic infection

Feeling unattractive or concerned regarding this part of the body can cause a great deal of psychological embarrassment and poor self-esteem which has very wide-reaching personal and social ramifications. It is very important to understand that there is a wide range of "normal" and that no two people are the same. For the right patient, labiaplasty, or labia reduction surgery, is an operation with results that can last a lifetime.



WHO IS HAVING A LABIOPLASTY?

Women who come to see Dr Paterson have thought about having this procedure done for a very long time. It's not something they rush into or take lightly.

Large or asymmetrical labia minora (inner lips) which result in protrusion cause women discomfort.

The most common concerns of women requesting labiaplasty are:

- Child birth distortion
- Painful intercourse
- Discomfort during exercise
- Feelings of self-consciousness or embarrassment
- Discomfort caused by protruding labia rubbing on clothing

Most women have a combination of concerns—they have concerns about physical discomfort and concerns about their appearance. The discomfort is usually constant, with daily rubbing and chafing made worse during certain activities such as running, bike riding or wearing certain underwear or tight clothing. Some women feel discomfort even just sitting and need to manually readjust their labia throughout the day to avoid anything causing rubbing.

All of these constant daily problems over the course of months and years can result in feelings of 'not being normal', being embarrassed by their bodies and ultimately leading to debilitating, very real, poor self-esteem.

Some women experience discomfort during sex, as the labia minora get in the way during intercourse causing friction and painful swelling afterward. Many women have had sexual partners comment that their lips are large. This in particular can cause young women to feel inadequate and can lead to avoidance of sex and long-term sexual inhibition.

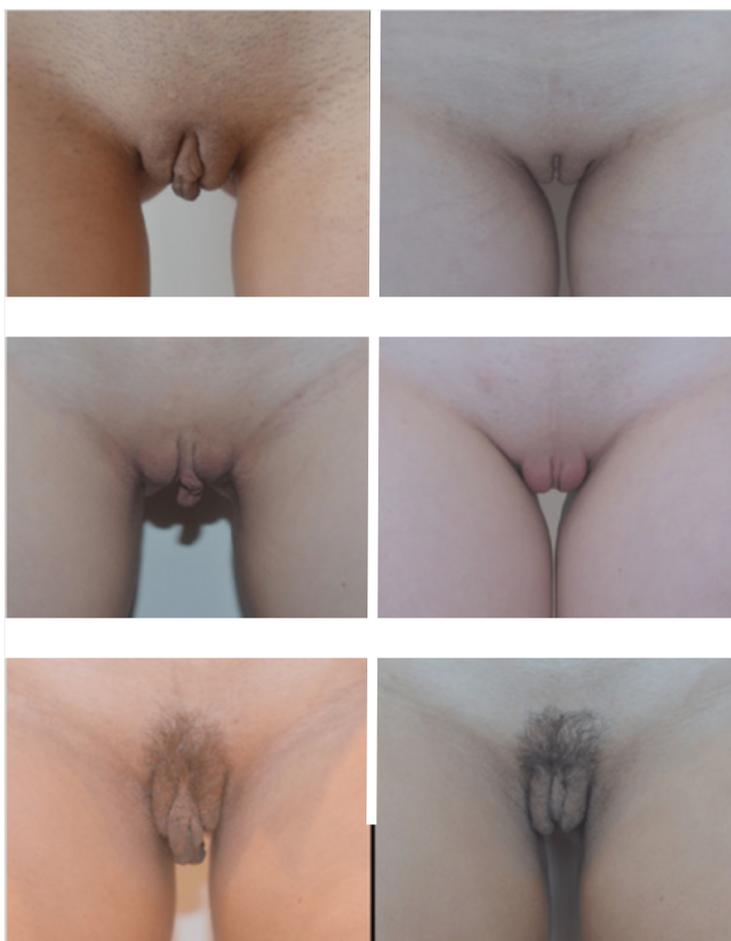


WHAT IS THE PROCESS LIKE?

As this is a very sensitive area of the body you can imagine, the procedure and recovery can be quite painful. Bruising and swelling can be fairly dramatic for the first two weeks and ice packs, rest and salt baths are essential during the first week following surgery. It will take roughly six weeks for the body to heal, sutures to dissolve and swelling to resolve.

This is an operation with a very high patient satisfaction rate. For many women having had this surgery, their lives are better and problems are solved. It affects all of their life. How they feel about themselves, their sense of what it is to be a woman and how they relate to others. It's a big deal. It is life changing surgery.

Post-operative care is very important, and most women require a week or two off work. Patients are reviewed by Dr Jane at one week postoperatively and then again at six weeks. While this procedure has a very high patient satisfaction rate if done for the right reasons, it's important to remember that this area of the body bruises and swells considerably and it will take a minimum of six weeks to see the final result.



Disclaimer: Individual results will vary from patient to patient according to factors including but not limited to; genetics, environment and lifestyle factors. All surgery carries possible risk and recovery times. Before proceeding with surgery, it is advisable to seek a second opinion from an appropriately qualified medical practitioner such as a Plastic Surgeon. All before and after patient photos are of real patients who have had their surgery performed by Dr Jane Paterson. These patients have given their consent to share their photos.

Plastic Surgeon is a regulated term that can only be used by surgeons who have completed speciality training within plastic surgery and are Fellows of the Royal Australasian College of Surgeons (FRACS).

Dr Jane Paterson (MED0001141949) is a registered medical practitioner with specialist registration in Plastic Surgery.

