



## AESTHETIC GENITAL SURGERY

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### What Is Aesthetic Genital Plastic Surgery?

There are a variety of **aesthetic genital plastic surgery** procedures that may enhance appearance and reduce discomfort

### What Should I Expect During A Consultation For Aesthetic Genital Plastic Surgery?

During your aesthetic genital plastic surgery consultation, be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco, and drug use
- Previous surgeries

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs
- Discuss your options
- Recommend a course of treatment
- Discuss likely outcomes of aesthetic genital plastic surgery and any risks or potential complications

### What Questions Should I Ask My Plastic Surgeon About Aesthetic Genital Plastic Surgery?

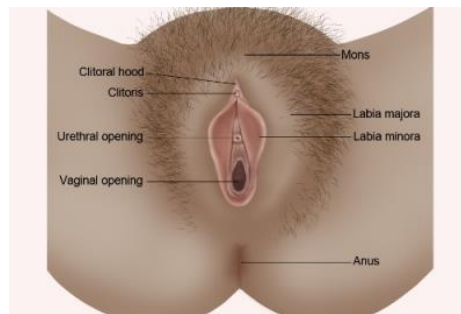
Use this checklist as a guide during your aesthetic genital plastic surgery consultation:

- Am I a good candidate for aesthetic genital plastic surgery?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- Will I experience any changes in sensitivity during sexual intercourse?
- How long will I need to wait after the procedure to engage in sexual intercourse?
- Will I be able to have a vaginal childbirth after aesthetic genital plastic surgery?

Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

### External Anatomy of The Female Genitalia

The hair-bearing area over the pubic bone at the upper portion of the female genitalia is called the ***mons***. The hair-bearing outer lips are called the ***labia majora***. The inner lips are called the ***labia minora***. In the upper portion in the center is the ***clitoral hood***, sometimes called the ***prepuce***, which covers the ***clitoris*** in part or entirely. Below the clitoris is the ***urethral opening***, and below that is the ***vaginal opening***.



### Labiaplasty

The term labiaplasty refers to a procedure that reduces the length of the labia minora. It is the most performed aesthetic genital plastic surgery

### Reasons Patients Want A Labiaplasty

Women opt for surgery for a variety of reasons, including pain from twisting and tugging of the labia when riding a bike or during intercourse, itching, irritation.

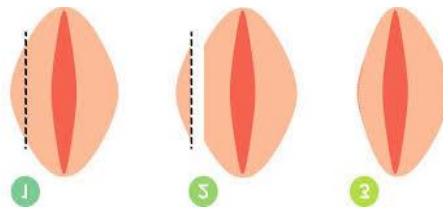
### What Does A Labiaplasty Do?

The goal of the procedure is to reduce the labia minora so that they don't hang below the hair-bearing labia majora. A labiaplasty may be performed to reduce asymmetry when

one is longer than the other, or, more commonly, to reduce the length of both labia so that the labia no longer twist, tug, or fall out of a bathing suit.

### Labiaplasty Procedure

The most common type of labiaplasty is the **Trim Procedure**, in which the extra tissue is removed and sewn up directly. Next in popularity is the **Wedge Procedure**, which maintains a natural border after a pie-shaped piece of tissue has been removed. Extra folds of the clitoral hood can also be reduced at the same time. Closure is usually done with absorbable sutures.



### Recovering From A Labiaplasty

Most patients take a week off from work, during which they can reduce swelling and pain by icing with a cold pack sandwiched between the patient's underpants.

### Clitoral Hood Reduction

Excess folds of the clitoral hood, or prepuce, can be reduced with a clitoral hood reduction. The procedure is most done along with a labiaplasty

### What Does A Clitoral Hood Reduction Do?

The extra folds can create a bulge that is exaggerated when the labia minora are reduced, and a clitoral hood reduction can improve the balance in appearance of the female genitalia.

### Clitoral Hood Reduction Procedure

The excess tissue is marked according to the individual's anatomy. There is a wide variation in the shape and extent of folds. In some patients the excision is performed as a "Y" extension off the labiaplasty. Closure is usually done with absorbable sutures.

## **LABIA MAJORAPLASTY**

A labia majoraplasty is a procedure designed to surgically reduce the size of the outer, hair-bearing labia majora.

### **Reasons Patients Want A Labia Majoraplasty?**

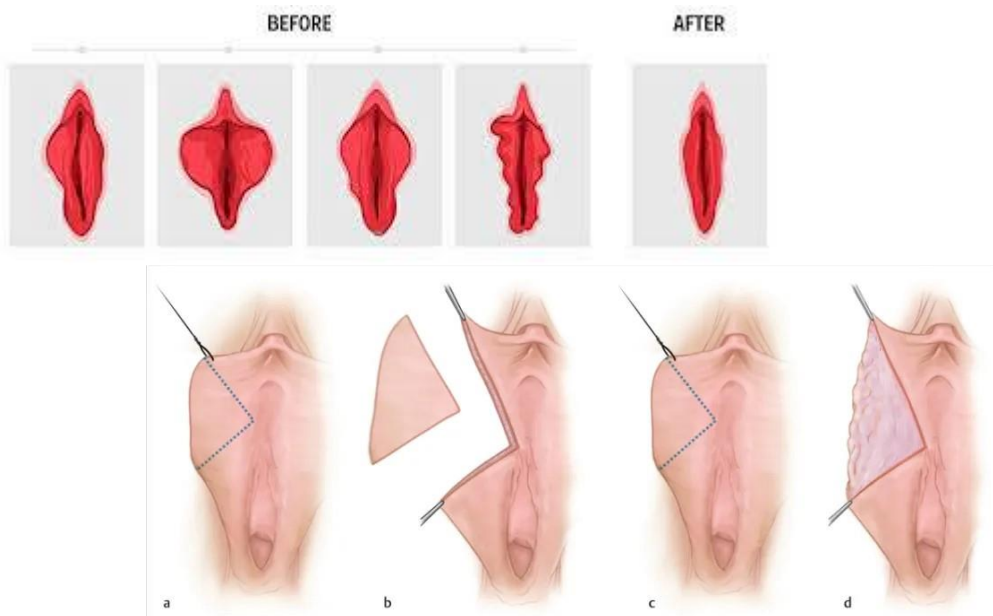
Patients who feel their labia majora are too large or hang down may feel discomfort from such activities as cycling, or they may be embarrassed by the fullness.

### **Labia Majoraplasty Procedure**

The plastic surgeon removes two slight crescents of skin from the inner portion of each labium. The amount to be removed depends on the amount of excess tissue. Closure is usually done with absorbable sutures.

### **Recovering From A Labia Majoraplasty**

Most patients take a week off from work, during which they can reduce swelling and pain by icing with a cold pack sandwiched between the patient's underpants and an elastic garment, like Spanx.



## **MONSPLASTY**

A monsplasty is a procedure designed to reduce bulging of the mons.

### **Reasons Patients Want A Monsplasty?**

Some women struggle with a bulge of excess skin and fat in the mons, the upper part of the hair-bearing part of their vulva. The bulge can result in women feeling too embarrassed to wear a bathing suit or tight pants.

### **What Does A Monsplasty Do?**

The purpose of a monsplasty is to reduce the amount of fatty tissue and/or skin, depending on the cause of the bulge.

### **Monsplasty Procedure**

Sometimes the amount of skin removed can be extensive, while in others, liposuction is sufficient.

### **Recovering From A Monsplasty**

Recovery takes about a week, with physical activity restrictions for two to six weeks, depending on the extensiveness of the procedure.



### **Vaginoplasty**

Vaginoplasty is a procedure designed to tighten the vagina. An alternative is noninvasive vaginal tightening through heating tissues with radiofrequency waves or laser.

### **Reasons Patients Want A Vaginoplasty**

After childbirth, women may complain of vaginal laxity, resulting from stretching of tissues and separating of muscles, sometimes to the point that a tampon falls out, and this lack of tone can contribute to sexual dysfunction.

## Vaginoplasty Procedure

Once the amount of tightening to be done is determined, a pie-shape wedge is marked to delineate the extra skin to be removed from inside the vagina. Beneath the skin, the tissues are tightened with strong sutures. Once the vaginal canal has been tightened, the mucosal skin is sutured closed. If there is external skin that protrudes, this can be reduced as well for a more aesthetic result.

## Recovering From A Vaginoplasty

Patients may have one to two weeks of down time. They may feel a deep ache for the first few days, and there is no tampon use or intercourse for eight weeks.



## Hymenoplasty

**Hymenoplasty**, or **Hymenorrhaphy**, is commonly known as a ‘hymen repair surgery.’ It’s a surgical procedure aimed at restoring a torn hymen. This cosmetic procedure repairs a broken or perforated hymen and is often considered by women for ‘revirginization.’ A hymen is a thin, pinkish membrane present in the lower part of the vagina.

## Why You opt For Hymenoplasty Surgery?

- Regain virginity
- Reconstruction of hymen after accidental rupture
- Imperforate hymen
- Vaginal dryness

## How Does Hymenoplasty Work?

**Hymenoplasty** generally works by forming a thin layer or new tissue membrane in place of the original hymen that is torn. The procedure is done by extracting a thin layer of the vaginal opening and delicately stitching it at the vagina opening. The thin layer of tissue at the vaginal opening becomes vascular and bleeds like an original hymen during the first intercourse after the surgery.

**Hymenoplasty** can also be done by extracting, stitching, and reconstructing the torn tags of the original hymen. The grafted hymen layer may not look like an original hymen but shall bleed at intercourse as an original hymen does.

### New surgical technique for hymenoplasty

If you are undergoing surgical treatment to experience the pain of your first sexual intercourse then there is a new method. It is known as “super hymenoplasty”. In it, a super-hymen is created artificially so that there is more bleeding after the immediate sexual act.

This is an artificial way to restore your hymen, hence it does not cause any harm to the vagina.

## Hymenoplasty Recovery

You can recover quickly if you take a rest for few days. A minimum of seven to ten days is needed to recover completely. You can resume work after two to three days but have to avoid doing heavy work or exercise initially.



## Non-Surgical Vaginal Rejuvenation

Vaginal ageing, atrophy causes changes in vaginal structure looseness, and vaginal function that can affect women of all ages.

## Co2 Laser for Vaginal Rejuvenation:

Co2 laser promotes remodeling of vaginal layer

The regenerated tissue rebuilds stronger structure of vagina, to recover lost volume, improves hydration, increases elasticity.

Usually in this procedure no pain, no downtime, approximately 15 minutes procedure.

## What Benefits A Women Can Get After CO2 Laser Vaginal Rejuvenation??

**1.Reduction in vaginal dryness:** Because of increase in thickness in vaginal lining, mucosa increases secretion. Due to increase secretion women who has lost enjoyment of sex get back. Painful sex decreases. By co2 fractional laser clients regain their sexual pleasure add happiness in life.

**2. No more struggle in day-to-day life** Dry itchy, irritated vagina hinders day to day pleasure of life.

**3. Regain Atrophic Vaginitis:** Co2 fractional laser help to increase nourishment and hydration of vaginal tissues.

**4. Urinary Incontinence:** The co2 fractional laser increase the thickness of vaginal mucosa, more nourishment, more hydration, pelvic floor muscles regain their lost strength. It also help to tighten the muscle around bladder and urethra.  
After co2 fractional laser the vagina tissues begin the process of production of new collagen. As a result, vaginal walls gain elasticity and firmness.

**5.Quick treatment and fast results:** Treatment is completed within 20-30minutes.results can be easily felt within 15-25 days.

Painless No anesthesia, no surgical intervention, no downtime.

**Visual Animation**  [Adi care 007](#)

## FOR APPOINTMENT

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