

SUMMARY

Labioplasty reduces the prominence of the inner labia, and improves symptoms of irritation if present. Labioplasty will increase your self-confidence and allow you to wear normal clothing and to participate in everyday activities without embarrassment.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.



North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

PRACTICE LOCATIONS

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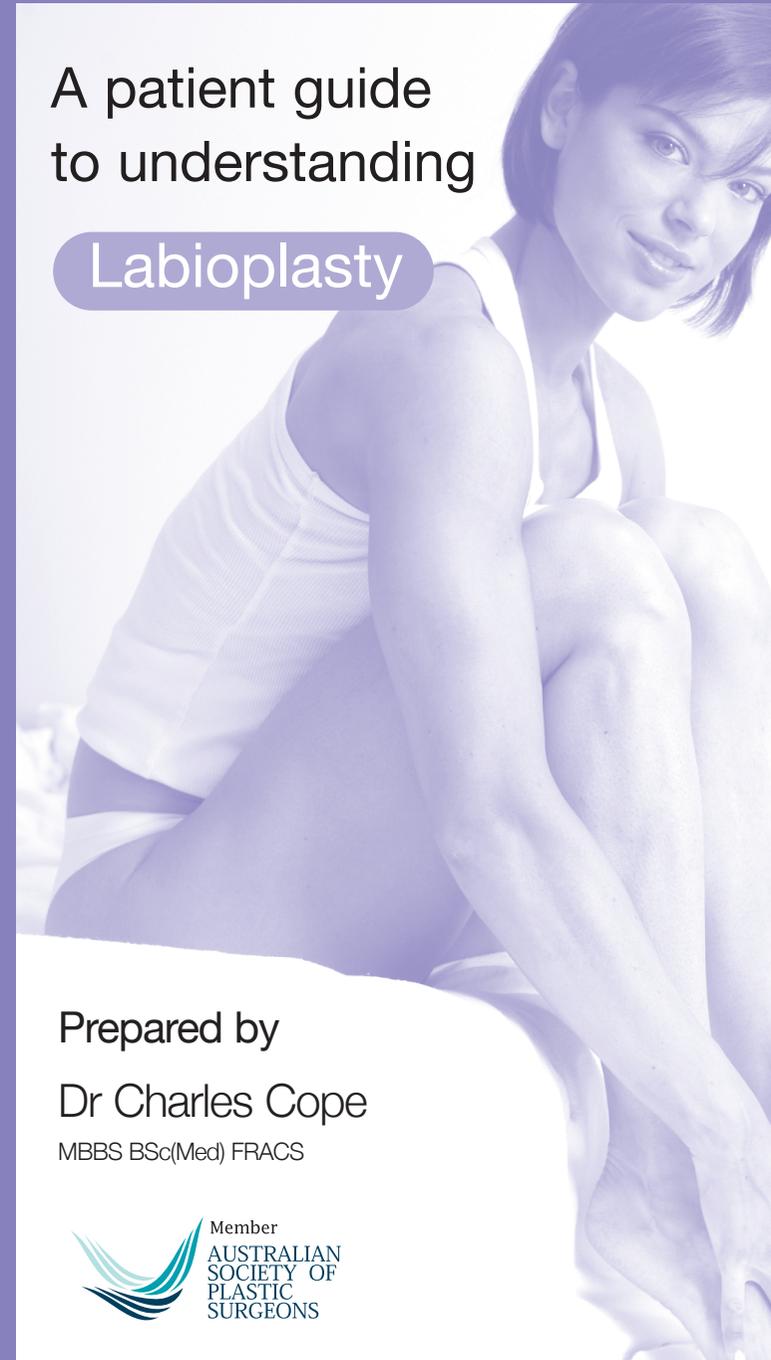
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North Shore  Cosmetic Surgery

A patient guide to understanding

Labioplasty



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INTRODUCTION

Labioplasty reduces the size of the labia minora, the folds of skin or inner lips at the entrance of the vagina. There is considerable variation of the size and shape of the labia minora. Some women with large inner labia which extend past the outer vaginal lips (labia majora) experience discomfort during everyday activities, sport and intercourse, and have difficulty wearing tight-fitting clothing. Others do not like the appearance or feel embarrassed by the prominence of their labia in swimming costumes or other revealing or tight-fitting clothing, and this can also be a source of sexual embarrassment.

Labioplasty can also be performed to correct a difference in size between the left and right sides, or to correct stretching or a change in shape that can occur with childbirth.



About one-third of patients having labioplasty have the operation for purely cosmetic reasons, but in patients with symptoms of irritation with tight fitting clothing or sports, or other medical problems, labioplasty will improve your symptoms. Labioplasty will increase your self-confidence and allow you to wear normal clothing and to participate in activities such as swimming without embarrassment.

PREPARING FOR THE SURGERY

It is important to discuss with your surgeon any pre-existing medical conditions which you may have, as well as any history of bad scarring.

If you smoke it is important to stop smoking at least a few weeks before the surgery – smoking significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.

TECHNIQUE OF LABIOPLASTY

There are a couple of main techniques of performing labioplasty – which technique is right for you depends on your individual anatomy, the amount of reduction you want, and your wishes regarding the appearance of your labia after the surgery.

Some patients request that the labia minora do not show past the level of the labia majora (outer lips) at all, or are reduced to the level of the outer lips. Some patients have a darker coloured edge to their labia, which may be removed depending on the technique. The procedure does not change the appearance of the clitoral area (reduction of the clitoral skin area risks change in sensation), and depending on your individual anatomy labioplasty can make the clitoral area relatively more prominent.

You will need to discuss what results you are expecting from the surgery, and your surgeon will be able to show you some photos of other patients who have had the procedure. Both the expected results as well as the risks of the operation will be explained.

THE SURGERY

The surgery is usually performed as a day-stay procedure in hospital, and is usually performed under general anaesthetic. During the procedure the excess labial tissue is removed. The scars are hidden below the level of the labia majora and usually cannot be seen long-term. All sutures are dissolving, although you need to return to the office the following week to check that everything is healing properly.

AFTER THE SURGERY

There is always some bruising and swelling after the surgery, which can be minimised by resting quietly and minimising activity for a few days. Labioplasty is not a particularly painful operation. You can shower normally the day after surgery. Most patients return to normal everyday activities including driving and work within a week. It is important to restrict heavier activities including sport and the gym for a few weeks, with no intercourse for 3-4 weeks. The final result is often not apparent until 6-8 weeks.

