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Labia Reduction

Surgical/Procedure name

Labia Reduction

Common name

Introduction

Labia reduction is becoming more and more popular as society is becoming more accepting of cosmetic surgery in general. Many women suffer with misshaped, irregular or enlarged labia, due to multiple child birth or sexual intercourse without proper arousal where the skin is not appropriately moistened to allow easy penetration. The labia folds can stretch and cause problems with sexual intercourse and other activities like cycling, or even just sitting and walking. For some women just wearing tight trousers or stockings can very uncomfortable. Women with enlarged labia are likely to be self conscious and can become withdrawn and inhibited. This leads to other problems in day to day life, for example, she may not allow her partner to see her naked or she may feel compelled to reject offers from prospective lovers.

Many women do not discuss this problem as it is personal, sensitive and embarrassing. The good news to all those women who suffer this embarrassing condition is that there is an answer and it can be corrected.

Surgical Procedure

During surgery the inner folds of the labia are timed so that they no longer protrude. This is done by either reducing the edges of the labia, or by snipping out a 'V' shape wedge of tissue. Then the remaining edges are carefully sutured back together, the surgeon taking care to obtain as natural a result as possible.

Hospital Admission

Out Patient procedure. No admission necessary.

Duration of Operation

One to two hours

Anaesthetic

Local anaesthesia



Pre Operative Care

Inform your surgeon of any allergies, all medical conditions, and any medication that you are taking (both prescription and non-prescription). Avoid aspirin and brufen-containing medication for two weeks prior to surgery to eliminate the chance of post op. bleeding. You should not smoke for 2 weeks prior to surgery as this may affect your reaction to the anaesthetic and prolong the healing process. Patients that suffer from hypertension must inform the surgeon prior to surgery.

Post Operative Care

You may need to wear a panty shield for approximately two weeks whilst your sutures dissolve, during this time you should bathe your vagina with warm salt water to prevent infection and your surgeon may also prescribe some antibiotics. After your surgery you may feel sensitive and tender and you may feel some discomfort when sitting.

Avoid strenuous activity or sexual intercourse - this may take up to three weeks post surgery. Your surgeon will advise you accordingly, when you can resume normal activities. Most women return to work after a week or two.

Results

This procedure will create a more typical appearance to the genitalia. In most cases it is impossible to tell that any surgery has ever been performed. In terms of your increased self-confidence and self-esteem, you will feel like a new woman. Your daily activities will increase. You should not suffer any complications or loss of sensitivity. The advice from women that have already had this surgery is "Don't hesitate ! There is no need to live with discomfort and embarrassment."

Risks

There is a risk of Infection however your surgeon will prescribe anti-biotics in order to eliminate this risk. Although rare, there is also a chance that you may suffer loss of sensitivity.



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