

LABIAPLASTY SURGERY

Background

The motivation for labiaplasty surgery may be for aesthetic (appearance) reasons or for functional reasons. Many women especially would like to ease the discomfort associated with large, elongated or protruding labia (usually labia minora – ‘inner lips’, but can be the labia majora too). Overly large labia can often interfere with cycling, working out, wearing tight fitting clothes and may cause discomfort during sexual intercourse. Surgical intervention may be able to help.

The treatment

A surgical procedure to reduce the size of the labia and give a neater, more sculpted appearance can be performed. Usually this involves reducing the size of the labia minora but correction of asymmetry (difference between both sides) can also be achieved to balance things up. Sometimes enlargement of the labia majora is the problem and this can be corrected too. The operation is performed under a general anaesthetic and patients usually stay overnight although some patients elect for Day Case surgery. Mr Banwell only uses dissolvable sutures and these rub out within 3 weeks.

The benefits

Labial reduction surgery results in a “neater”, sculpted looking appearance of your vagina, improved comfort and the additional major benefit of improved self-esteem and confidence.

Duration of Surgery

The surgery can take anything up to 2 hours depending on the complexity and severity of the problem.

Complications of Surgery

Unfortunately complications can occur following any surgery and patients need to be fully aware of this. Mr Banwell does his utmost to minimise the complication rate and likes to practise in a safe manner. The commonest complications are scarring, adverse scarring, bleeding, haematoma formation and the need to return to theatre, infection, numbness, alteration in sensation, asymmetry in the healing and the final result, discomfort on intercourse, alteration in libido, urine infections, thrush, over-correction, under-correction and, rarely, damage to the clitoris

After Surgery

You will be able to shower the day after leaving hospital and then use a hair-dryer on a warm setting. It is a good idea to lay flat for the first few days after surgery and rest. Exposing this area is also ideal as is avoiding tight underwear.

Recovery

In the first week following surgery you should take things very easy. The following week you will find you can do much more. You should avoid lifting and carrying for 2 weeks following surgery and strenuous exercise/physical activity should be avoided for 6 weeks following the surgery. Sexual intercourse should be avoided for 8 weeks. However, many patients find gentle cardiovascular exercises are fine after a few weeks. You can drive when you feel safe to perform an emergency stop otherwise your insurance company may invalidate your insurance.

Success and satisfaction

This operation has a very high patient satisfaction rate and the recovery is rapid.

Warnings

Please note smoking significantly affects operative outcome and complication rates. Patients should stop all nutritional supplements and herbal remedies prior to surgery.

What does it involve?

The procedure is usually performed under a general anaesthetic (with you asleep). Patients may elect for this to be performed as a day case or as an overnight stay.

What are the benefits?

Labial reduction surgery results in a “neater”, sculpted looking appearance of your vagina. In addition, many women experience an improvement in their sex life following surgery.

Important Notice

Mr Banwell strongly advises you stop smoking prior to surgery as this can affect the outcome of surgery and increase complication rates. Nutritional supplements, anticoagulant medication and blood thinners (eg. aspirin and brufen) all increase the risk of bleeding and should be stopped prior to surgery unless otherwise instructed.

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NOTES & QUESTIONS

AT A GLANCE

SURGERY TIME

1.5 hours

HOSPITAL STAY

Day case or 1 night

ANAESTHETIC ASSESSMENT

No

PRE ADMISSION TESTS

Possibly

SLEEPING POSITION

Sleeping on back recommended for 4 weeks.

REASONABLY MOBILE

1 day

WASHING

Shower after 1 day. Bath after 2 weeks.

DRIVING

2 weeks

EXERCISE INCLUDING GYM

6 weeks

SEXUAL ACTIVITY

Restricted activity after 8 weeks

FULL RECOVERY

6 weeks

TIME OFF WORK

1-2 weeks

BRAS & GARMENTS

None