

## LABIAPLASTY

Labiaplasty is one of the most popular procedures in cosmetic surgery. If you consider having this surgery, you need to know a few things about it.

### 1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your gynaecological history, the number of pregnancies, your current medications, your allergies to medications, if you are a smoker or not..
- You will be asked to say if the problem concerns both labia or one, if it concerns the labia majora (outer ones) or the labia minora (inner ones)
- Your surgeon will examine you, and will take some measurements.
- Sometimes, the hypertrophy of the labia can be combined with a clitoris hood size, or a stretching of the vagina after pregnancy (vagina tightening operation)
- Then, the whole operation will be explained to you in details, including:
  - the type of anesthesia (sedation + local or general anesthesia)
  - the incisions (length (4 cms), position (all along the labia, or partial (wedge excision) and outcome of these scars
  - the type of work done on this area (muscle, mucosa)
  - the type of sutures used, the type of dressing

The procedure takes 1 hour

You are usually staying a few hours or overnight in the clinic.

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## 2)What happens when you decide to go ahead with yours surgery?

You call the office ;we book the hospital for you.

It is always recommended to see your surgeon for a second consultation.

Before the operation, you are not supposed to take aspirin or similar tablets.

It is recommended to stop taking contraceptive pill 1 month before the surgery.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before . He will ask you to sign a consent form, where all the possible risks are mentioned. He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes less than one hour.You will spend half an hour in recovery, before being taken back to your room.

You will be discharged a few hours later and asked to come back to the clinic the next morning ,for a check up (sometimes,you might stay overnight)

## 3)What happens after the surgery?

-Back home you are supposed to take it easy: no sport, no heavy lifting for 3 weeks, no sex for 6 weeks

-You have to use a female wash and wear only loose trousers

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-You might be in pain and will need to take some painkillers. You will be told to take some antibiotics for one week

-You might bleed a little bit after surgery

-You are supposed to come back to the clinic after one week for the first wound check (but you can contact the office anytime in between), and then you will see your surgeon on the second week. After this first post operative check up you will see your surgeon ,one month ,3 months and 6 months after the surgery. Then, it will only be once a year

Your stitches will disappear within 2 weeks.

## 5)What are the risks of this operation?

Apart from the usual side effects (pain (3-5 days), swelling, numbness (3 weeks), there are some potential risks ,which are still very rare:

-bleeding: you will have to go back to surgery if it does not stop

-wound opening :the mucosa is extremely fragile

-infection (this is why you have the antibiotics and why it is important to take a good shower (with betadine scrub) the night before and the day of the operation.

-asymmetry

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery.

What is really important ,is to attend to all the post operative consultations given by your

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surgeon

**Would you have more questions, do not hesitate to ask your surgeon, who will be always pleased to see you again during a second consultation**