



# Labiaplasty

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## What is Labiaplasty?

Labiaplasty, or 'labial reduction', is one of the most common cosmetic surgery procedures in the UK for women.

It is common for women to have concerns about the size, shape or definition of their labia, the inner and outer folds that sit either side of the vagina. This may be the result of genetics, ageing, or most commonly, childbirth.

Labiaplasty is quick and straightforward surgery to reshape or reduce the size of the labia minora, the small lips of skin on either side of the vaginal opening.

The unwanted tissue is cut away with a scalpel or laser, before the loose edges are stitched back together with fine, dissolvable stitches. It can be done using either a general anaesthetic or a local anaesthetic with sedation.

The whole procedure takes about 1 to 2 hours, and all patients are able to go home several hours later for their recovery.

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## Why do people have it?

The motivation for Labiaplasty surgery can be aesthetic or functional in nature.

For many women having larger or asymmetrical labia can cause chafing and discomfort whilst wearing tight fitting clothes, or during physical activities such as sexual intercourse and exercise.

For others the appearance of oversized or asymmetrical labia can be the cause of significant psychological distress or even embarrassment.

This often occurs when the appearance of the labia has changed over time, either with the onset of the ageing process or following childbirth, when the labia have become enlarged, stretched or asymmetrical. Equally, genetics can also play a part.

Whilst there is not accepted definition of what is normal when it comes to the size and shape of the labia, for many labiaplasty offers a highly effective, swift, and minimally invasive surgical solution that can solve the problem in a matter of hours.

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## Who is suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- Over the age of 18
- Physically and psychologically fit and healthy
- Have realistic expectations of what can be achieved by surgery
- Bothered by the appearance of their labia

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## What to expect?



### PHASE 1: CONSULTATION

The first step for all of our patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible in terms of results given your anatomy.

This will involve an examination of your labia. This will take into account the size and structure of your labia, any symptoms you may be experiencing and your own personal desires for the outcome. We are delighted to provide a chaperone to all patients undergoing intimate examinations, if they should so wish. Alternatively, patients are very welcome to bring a friend or a relative with them to consultations should they so wish.

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

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## What to expect?



### **PHASE 2:** PRE - PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure.

Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and with complications
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission



### **PHASE 3:** DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant tests, and you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

The procedure itself takes place under general anaesthetic over the course of one to two hours, although on occasion it can take place under local anaesthetic. The procedure involves reshaping or reducing the labia either by trimming the edges or removing a section of each labium in the shape of a wedge. The wounds are the stitched up with fine dissolvable stitches.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

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## What to expect?



### PHASE 4: POST PROCEDURE & RECOVERY

Once home you will have access to our dedicated oncall nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and recovery, and are there to answer any questions you may have in the immediate post operative phase.

Labiaplasty recovery is relatively quick and any residual discomfort should subside in a matter of days. We advise total rest for several days after the procedure, during which time your pain and swelling should subside. We advise against strenuous exercise in the first few weeks, and against sexual intercourse in the first 6 weeks.

In general, we ask patients to be sensitive to their body and try not to do too much too soon. Patients should be able to return to their normal day-to-day activities after about one week, and should gradually start to mobilise themselves over the course of that week to accelerate healing.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

You should see your results clearly after 6 week mark, although on occasion it can take a little longer. We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

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## What are the risks?

This treatment is particularly appealing due to the low risk that it presents. However, as with all surgery, some complications are possible, these include:

- Bleeding or haematoma
- Infection, especially in smokers
- Numbness or sensation change
- Poor wound healing, particularly those with BMI of over 30
- Scarring
- Swelling

Your surgeon will discuss each of these risks comprehensively at your consultation.

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## Why Come to Cadogan Clinic for your Labiaplasty?

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We're home to several of London's best labiaplasty specialists
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

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## At a glance facts



### SURGERY TIME

1 to 2 hours



### HOSPITAL STAY

2 to 3 hours following procedure



### TIME OFF WORK

1 week



### FULL RECOVERY

6 weeks

