

Information about Labiaplasty and Vaginoplasty

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www.LabiaplastySurgery.net

www.clevelandplasticsurgery.com

Labiaplasty is a surgical procedure that reduces and/or reshapes the labia minora (labia minora reduction) - the skin surrounding the vaginal opening. In most women, the labia minora are seen only when the legs are separated. However in some women, large labia minora are visible when the legs are not apart, or are barely separated, causing embarrassment, self-consciousness, and distancing in relationships. Enlarged labia may also be noticeable in tight fitting pants, and can cause discomfort during intercourse, with clothes, or with exercise. Enlarged labia are usually congenital but may be increased from hormonal changes or childbirth.

Labiaplasty is a procedure to correct this problem. I utilize a newly described technique of labia minora reduction (labiaplasty) which preserves the contour, color, and anatomy of the labia minora edge. The excess labium is excised in a "V" manner and the upper and lower edges are sutured together. Therefore, the only suture line visible on the edge is a small transverse line instead of a long longitudinal vertical suture line. This significantly decreases the discomfort and visibility of the procedure. Most of my patients have chosen to have the surgery with local anesthesia only and mild oral sedation (which is very well tolerated).

The average cost including facility fee is around \$4000. The surgery is outpatient and takes around 1.5 hours. I frequently perform clitoral unhooding at the same time and this adds \$500 to the procedure. I recommend that patients take off 7 days from work and refrain from heavy exercise and sexual intercourse for 3-4 weeks. Pain is usually controlled by narcotics for the first several days and then ibuprofen (Motrin, Advil etc.) after that. Irritation can last for several months but is usually transient. In general, this is a very well tolerated procedure. I have never had a serious infection or bleeding complication from the procedure.

Several years ago a questionnaire was sent to 125 of my labiaplasty patients. They were asked a variety of questions about the procedure. Of the respondents, all said that they would have the surgery done again and all were happy with the outcome. Only 2 patients had pain or irritation beyond 4 months post-op and none stated that there were permanent changes to their sexual life.

I also perform other female genital surgery including labia majora remodeling, vaginal rejuvenation or vaginoplasty, clitoral unhooding, pubic liposuction and pubic lift.

The [vaginoplasty](#) (vaginal rejuvenation) procedure is designed to remove extra mucosa, plicate (tighten) the underlying muscle and close the defect in a way that tightens the vaginal vault. It is almost always performed in patients who have had children (and frequently episiotomies during childbirth). Occasionally I perform it in patients who have lost a great deal of weight and have developed subsequent laxity in the vaginal area. Typical tightness is to allow only two and one half finger breadths of space in the vaginal introitus (opening). The operation is outpatient and takes around 1-2 hours. It is typically well tolerated and healing is similar in time and length to a standard episiotomy performed at childbirth.

Please be aware that this operation is not a cure for a bad sex life or marital problems. It is designed to return the vaginal tightness to an approximation of pre-childbirth tone, but that is all. Typically, the male partner notices the difference more than the female. This must be performed in a surgery center. The average cost including anesthesia and facility fee is around \$5500. It is less expensive if performed in combination with other procedures such as labiaplasty. Labiaplasty and vaginoplasty can be performed as a combined procedure and the average cost is around \$8500 (this includes anesthesia and facility fee).

My consultation fee is \$65 for anyone who contacts me through the internet. You can schedule a consultation by calling the number listed below my name. Please note that we do offer patient financing through several companies recommended by the American Society of Plastic Surgery. My patient care coordinator Valerie can provide more information. Her e-mail is [Valerie @clevelandplasticsurgery.com](mailto:Valerie@clevelandplasticsurgery.com)

SCHEDULING SURGERY IF YOU LIVE OUT OF TOWN

I frequently perform operations on patients who live out of town and are unable to easily to see me in consultation prior to the procedure. I have several requirements for these patients: They need to contact my office and have my patient care coordinator email them a history and physical form to be filled out and sent back. Typically as the operation approaches, I will have a phone consultation with the patient and explain the procedure in detail. I will then perform the operation and require the patient to stay in town for at least another day in case a complication arises.

All stitches used for the procedure dissolve on their own. Patients who live far away, but can drive to Cleveland (2-6 hrs.), can go home the next day and drive back to see me for their first post-operative appointment in around 10-14 days. I will then follow the progress of the patient via e-mail. If the patient lives very far away, then I do not require them to come back and see me unless there is a real problem (which has not happened yet). My patient care coordinator can provide more information. Her e-mail is valerie@clevelandplasticsurgery.com.

For more information on both procedures please visit my dedicated web site,
www.LabiaplastySurgery.net

You may also go to Youtube.com and watch a live surgery video of combined
vaginoplasty and labiaplasty. <https://www.youtube.com/watch?v=eIMxKQREOGw>

I hope to see you soon.

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Before Labiaplasty



2 months after Labiaplasty



Before Labiaplasty



after Labiaplasty



Before Labiaplasty



after Labiaplasty



Before Labiaplasty



after Labiaplasty



Before Labiaplasty



after Labiaplasty



Before Labiaplasty and Vaginoplasty



After Labiaplasty and Vaginoplasty



Before Vaginoplasty



After Vaginoplasty



Before Labiaplasty and Vaginoplasty



After Labiaplasty and Vaginoplasty



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<https://www.youtube.com/watch?v=eIMxKQREOGw>