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## LABIAPLASTY

Labiaplasty is a surgical procedure that is done to reshape the labia minora - the skin that covers the female clitoris and vaginal opening. Women with a large labia may experience pain during intercourse, possibly feeling discomfort in their everyday life, particularly when engaging in activities such as exercise, riding a bicycle or during their work or pleasure activities. For some women, it is a physical manifestation of feeling unattractive or the desire to enhance their sexual experiences by removing some of the skin that covers the clitoris. A labiaplasty is performed to better define the labia. There is no definitive reason for the formation; it may be caused by genetics, sexual intercourse or difficulties during childbirth.

Women may dislike the large protuberant appearance of their labia minora. This may be a cause of embarrassment with a sexual partner. Surgery on the labia can be as a reduction and can improve the appearance of abnormal labia. Some women may be born with large labia and others may develop it with childbirth or age.

The surgery is relatively minor and not known to be painful. Most patients having this procedure can return to work within days. Sexual activity may resume in about 4-6 weeks.

There are many reasons why women choose to go through this type of surgery, from physical pain to sexual dissatisfaction and aesthetic beauty. It is important for you to understand how your body affects you and to see how to better explain to your surgeon what you would like to achieve with the surgery.

You will need a pre-op examination, in order to check for basic background health issues.

It may be helpful for you to speak with a Gynaecologist about this procedure, to get a better understanding of how it may affect your life. See as many surgeons as it takes for you to be comfortable and have all your questions answered.

### Procedure

Reduction of the labia minora is performed under general anesthesia with care taken to obtain as natural a result as possible. The surgery usually takes about 1 hour. Care is taken to avoid over-resection of the labia, to avoid interference with the clitoris or urethral opening. The reduction of the labia minora may serve to improve physical comfort and sexuality of the patient. Scars are minimal and normally only visible to the trained eye. Sensitivity is usually not an issue: psychological and relational components of dysfunctional vaginal experience can neither be caused, nor treated by surgery.

This procedure is also known as Labioplasty, Labial Reduction Surgery, Labia Reduction Surgery, or Vulvar Surgery.

### After Surgery

There will be a dressing in that area that is similar to a pad worn during menstruation. Patients are advised to rest in bed for a few days. Ice may be applied to the area for that time of bed rest.

Patients may go back to their daily routines after 1 week but with extreme caution. Patients are asked to avoid strenuous activity, as well as sexual intercourse for 4-6 weeks after surgery.



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Should you not understand any of the foregoing, or should you want further information, please ask. Occasional questions will arise after you have left your consultation. Feel free to call for additional information. If necessary, additional consultation visits can be scheduled. Find out all you need to know. It is our desire that all patients are fully informed.

*This information included in this sheet is general information only. Please contact the surgery on (08) 9380 0333 or alternative phone numbers as shown on your appointment card if you have any concerns regarding your post-operative recovery.*