

## **Laser Vaginal Surgery (Vaginal Rejuvenation)**

### **What is Vaginal Rejuvenation surgery?**

Vaginal rejuvenation surgery involves a combination of two main procedures, which are vaginoplasty and labiaplasty. Laser is now used during these procedures to perform precise incisions in order to give the best surgical results.

Vaginoplasty is a surgical procedure that involves the reshaping and tightening of the vagina to its normal anatomical shape and diameter. This is done by removing excess vaginal lining and tightening the surrounding soft tissues and muscles.

Labiaplasty is a cosmetic genital surgical procedure that will reduce the size or change the shape of the small lips on the outside of the vagina (the labia minora).

### **What are the indications for these procedures?**

Vaginoplasty and labiaplasty are performed for two main reasons: firstly is the correction of anatomical or structural distortion of the female external genitalia and the vaginal wall. This can arise as a result of congenital defect or due to the process of childbirth. Secondly, it is also performed for the enhancement of sexual gratification. Most women who desire vaginoplasty often complain of feeling “loose”. This can decrease the sensation during intercourse, resulting in lower levels of sexual satisfaction for both partners.

### **How does it work?**

The laser vaginoplasty procedure corrects the anatomical defects due to various causes and at the same time, enhances the tone and the strength of the vaginal muscle. It will reduce the internal and external diameter of the vagina, leading to a higher level of sexual enjoyment.

Women who have abnormally shaped labia may complain of discomfort, pain or lack of self-esteem. Chronic labial irritation leading to pain or discomfort can sometimes develop if the women wear tight clothing or during sex, sports or other physical activities. In such cases, labiaplasty provides an aesthetic enhancement of the external appearance of the genitalia, resulting in better comfort and sensation. Women whose labia become irritated and painful will often find relief after surgery.

### **Why is Laser used for these procedures?**

The laser used in the procedures is pinpoint, precise and delicate. It also minimizes blood loss and swelling. This would promote excellent wound healing, resulting in minimal or no scarring at all. Pain will also be minimized with the use of laser.

### **How long does the Vaginal Rejuvenation surgery take?**

The surgical time depends on the extent of the procedure, which may range from 30 to 60 minutes.

### **Do I need to be admitted for these procedures?**

No. These procedures are done as a daycase. The procedures are usually performed under a general anaesthesia. You will be under observation for a few hours before being allowed home on the same day.

### **Post-operative period**

Adequate pain relief is given during and after the procedures. Women usually report mild to moderate discomfort for a few days following the procedures. This can be easily relieved by oral painkillers and cold packs to the area. Many women can return to their usual daily activities after a few days of rest at home.

### **What Are The Risks Associated With Vaginal Rejuvenation surgery?**

As with any surgery, there can be complications (both surgical or anaesthetic). However, complications are rare and may include bleeding, infection and scarring. Proper surgical techniques and the use of laser will significantly reduce these risks. Antibiotics may be given during the procedures to prevent infection.

### **Is there an age limit where this procedure is not recommended?**

Age is not necessarily a determining factor whether you are a candidate for this procedure, provided that you are healthy and is fit to undergo general anaesthesia.

### **When Can I Resume Sexual Activity After I've Had Vaginal Rejuvenation surgery?**

Approximately six weeks after surgery.

### **Disclaimer**

This is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is important for readers to seek proper medical advice when necessary.

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Revised July 2011