

SURGERY INFORMATION PACKET LABIAPLASTY / VAGINOPLASTY

WHO IS A CANDIDATE?

- Women who desire female genital rejuvenation
- A labiaplasty is a surgical procedure that will reduce and/or reshape the labia. Labia minora are the inner lips of the female genitalia that cover the female clitoris and vaginal opening. Women with excessively large labia may experience pain during sexual relations or they may feel discomfort during normal activities or while wearing tight clothing. At times the labia may be asymmetric or may hang below the labia majora (the outer lips of the vagina). Some women find this unattractive. At times reducing the clitoral hood skin that covers the clitoris can enhance sexual experience.
- The outer labia, also called labia majora, may also be excessively large, uneven, or may be too small. The size may be increased with fat injections. These problems may be caused by family genetics, problems during childbirth and other causes.
- The best candidates are women who experience sexual dysfunction or embarrassment because of the appearance of their labia.
- Women who have experienced multiple childbirths often have laxity of the vaginal muscles due to enlargement/stressful expansion during the delivery. Vaginoplasty (vaginal rejuvenation) is designed to make the vaginal vault opening smaller with the intent to increase and/or restore sensation and sexual gratification for both the woman and her partner. The procedure will bring the vaginal muscles into a tighter opening, creating greater contraction strength and control. The areas that are involved include the outer third of the vagina and the external vaginal opening including the perineal area. The goal of the surgery is to return the woman similar to her pre-childbirth state.

Any woman who is in average physical condition, in good health is a candidate for vaginoplasty surgery.

INTENDED RESULT

- Improved appearance of the labia.
- Improved comfort or increased sexual sensation for both the woman and her partner.

The goal is to return the woman similar to her pre-childbirth state.

PROCEDURE DESCRIPTION

- Incisions are made along the labia balancing the inner and outer skin edges to try to create the most normal appearance of both labia.
- The procedure is performed under general anesthesia or under a local anesthetic with mild sedation. The procedures are performed on an outpatient basis.
- Patients can return to work in 3-5 days.
- As with all surgical procedures, it will take time for the body to heal. It will be necessary to refrain from intercourse for approximately 4-6 weeks.

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- Postoperative care will usually consist of soaking the area in warm soapy water (sitz baths) or using a hand shower piece on gentle setting starting approximately 3 days after a surgery.
- Note: The specific risks and suitability of these procedures for each individual can be determined only at the time of consultation. All surgical procedures have some degree of risk. Minor complications that do not affect the outcome occur occasionally. Major complications are rare.

OTHER OPTIONS

- As these are all elective procedures; one choice is to accept the appearance of the labial/vaginal area and not undergo surgery. Kegel exercises can be used to strengthen the vaginal floor.
- The tissues of the posterior and lower part of the vaginal canal are reduced and tightened. If the rectal tissues are protruding or herniating into the vaginal area these are pushed out of the way, the lining of the vagina reduced, and the muscles tightened.

INSURANCE GUIDELINES

- Because this is an elective operation, these procedures are not covered by insurance. For your convenience, we accept Visa, Master Card and American Express. It is possible to finance the surgery. Details regarding these financial arrangements are available from our office staff.

PRE SURGERY INSTRUCTIONS

A successful surgery requires a partnership between you and <TF.Provider.Name>. The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your surgery may have to be postponed or delayed, at the judgment of <TF.Provider.Name>

This is essential to you health and safety.

THREE WEEKS OR MORE BEFORE SURGERY

There may be several weeks between your decision to have surgery and your actual surgical date. During this time there are several important considerations:

- **Practice proper fitness:** You need not engage in an aggressive or new fitness routine; however practicing good fitness habits is an important factor in your overall health and well-being. Kegel exercises and low-weight strength training now can help to enhance your posture and your overall muscle tone before and following surgery. Don't over-do it. Avoid anything strenuous or that could potentially cause injury.
- **Good nutrition.** Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and recovery. A healthy, balanced diet is best.
- **Stop smoking and nicotine.** Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 6 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 6 weeks prior to surgery. Stay away from second-hand smoke,

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too. Your healing and health depend heavily on this.

- **Lead a healthy lifestyle.** In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health. Practice good hand-washing and avoid large crowds, or individuals who are ill. Do not risk catching a virus or cold: no kissing on the mouth, sharing beverages or other high risk opportunities for contacting viral or other illnesses.
- **Prepare and plan.** Schedule any time off of work, and any support you will need at home in the days following surgery, including housework, childcare, shopping and driving. Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at 24 hours, following surgery. Put your schedule together for the day before, day of and first few days following the procedure. Share this with all of your key support people.
- **Pre-operative testing.** Make certain to schedule all of the pre-operative testing and clearance you have been given. Refer to the ***Pre-surgical Lab and Testing Orders*** form. Make certain all test results are received by <TF.Provider.Name> as required.
- **Relax and enjoy life.** Stress and anxiety over life's daily events and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you should discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one made with confidence.

TWO to THREE WEEKS BEFORE SURGERY

- **Fill your prescriptions:** Some pain medication prescriptions may need to be filled ON THE DAY these prescriptions are written. Our office will advise you accordingly.
- **STOP taking the following for the duration before your surgery. Taking any of the following can increase your risk of bleeding and other complications. (Also see full list of Medications to Avoid)**
 - ☐ Aspirin and medications containing aspirin
 - ☐ Garlic Supplements
 - ☐ Ibuprofen and anti-inflammatory agents
 - ☐ Green Tea or green tea extracts
 - ☐ Vitamin E
 - ☐ Estrogen supplements
 - ☐ St. John's Wort
 - ☐ All other medications listed in our office handout given to you.
- **Pre-operative clearance and information:** If they have not been completed and results filed with our office make certain to undergo ***ALL*** pre-operative testing. Refer to the ***Pre-surgical Lab and Testing Orders*** form. Make certain all test results are received by <TF.Provider.Name> as required. If medical clearance is required and not yet received, surgery may be cancelled at **your cost**.
- **Vital information:** Your pre-operative visit is essential to review your health, your goals, post operative

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instructions and any vital information including allergies and health considerations.

- **Good nutrition:** Continue taking your supplements as directed.
- **Avoid sun exposure/tanning booths:** Ultraviolet, UV, damaged skin can more readily produce irregular scars and cause problems with healing.

ONE WEEK BEFORE SURGERY

- **Confirm your day of surgery plans.** This includes your transportation and after-care (a responsible adult for the first 24 hours, around the clock).
- **Review your prescription orders and instructions.**
- **Confirm all lab results and paperwork** have been received by <TF.Provider.Name> if you have not already done so.
- **Find your comfort zone.** Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Shop for magazines, books and other things to keep you busy and entertained in the day or two following surgery.
- **Wax or shave your bikini area and legs.** It may be uncomfortable to do so in the days immediately after surgery. Do NOT do this LESS than 3 days prior to surgery.

ONE DAY BEFORE SURGERY

- **Pack your bag for the day of surgery.** This should include:
 - ☐ All paperwork
 - ☐ Reading Glasses
 - ☐ Your identification
 - ☐ Warm, clean cotton socks
 - ☐ All prescription medications
 - ☐ Saltines or other crackers in case of nausea during
 - ☐ Your post-surgical compression garment
 - ☐ Your ride home
- **Confirm your route to and from surgery or the recovery center, with the responsible adult who will drive you.** Also confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.
- **Shower as directed.** Use an anti-bacterial, fragrance-free soap. Shampoo your hair. Do not use any skin creams or moisturizers. Remove all finger nail and toe nail polish.
- **Do not eat or drink anything after midnight.** No candy, gum or mints. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery.
- **RELAX!** Get plenty of rest and avoid unnecessary stress.

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THE DAY OF SURGERY

- **NOTHING by mouth.** Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, mints.
- **Dress appropriately.**
- **Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing.** If there is something you cannot remove, let the admitting nurse know before surgery.
- **Wear comfortable, clean, loose-fitting clothing:** Do not wear jeans or any tight-fitting bottom; rather have a pair of loose, drawstring sweatpants to wear home. Wear slip on, flat shoes with a slip proof sole; no heels. Wear clean cotton socks, as the operating room can feel cool. For your comfort, wear a zip or button front top. No turtlenecks.

SPECIFIC AS YOU HEAL INFORMATION

- **Healing of nerves:** Most of the labial and vaginal areas should remain fairly comfortable. Some discomfort during the initial healing is expected. Prolonged increasing burning or discomfort more than several days after the surgery may indicate a problem and the doctor should be contacted.
- **Swelling:** the labia will become very swollen and will slowly shrink in size over a four (4) to six (6) week or more time period.
- **Asymmetry:** Because of the nature of the tissue in the labial area it is not unusual to have unequal amounts of swelling which generally should improve and become more symmetric over several weeks.
- **Recuperation and healing:** Generally, patients are able to walk comfortably within a few days and can return to work within a week. Sexual activities can be started after your surgeon allows it.

ONE TO FOUR WEEKS FOLLOWING SURGERY

- As you resume your normal daily activities, you must continue proper care and healing.
- Continue your wound care as directed.
- Refrain from weight-bearing or abdominal crunching exercises. Continue walking. A daily, 20-minute walk is recommended. Start slow but increase your speed and distance daily as tolerated.
- Do not smoke. While incisions may have sealed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- Continue to wear your compression garment as directed.

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- Practice good sun protection. Do not expose your surgical area to direct sunlight or tanning booth UV lights.
- Follow-up as directed

SIX WEEKS FOLLOWING SURGERY AND BEYOND

- Healing will progress and your abdominal region settles into shape and position.
- **You may ease into your regular fitness routine.** However, realize that your body may require some time to return to prior strength. Frequent Core exercises (e.g. stomach crunches) will help to maintain and improve your long term result. Sexual activity is permitted if there are no problems in recovery.
- **Discomfort or tightness and tingling of the skin will resolve progressively.**