

LABIAPLASTY

Reduction of the labia minora

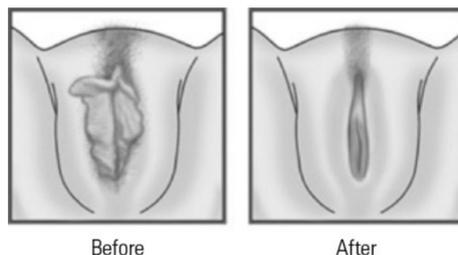
'Labiaplasty' is a surgical procedure carried out to correct and define the appearance of the inner labia (the labia minora). The shape, size and colour of the labia varies considerably between women. Childbirth, ageing and accidents can also considerably alter the appearance. Surgery can help to correct issues with the labia and help patients feel more body confident.

Approximately 30% of women seek labiaplasty for cosmetic reasons alone, while the rest either seek it to correct a functional impairment or both reasons. Many women experience a lack of confidence during intimacy due to the size or shape of their labia. An enlarged or distorted labia can get in the way during intercourse, or can even protrude underneath clothing.

As this can be a very sensitive topic for patients, we assure you that you will be treated with the utmost discretion and professionalism.

The labiaplasty procedure

The labiaplasty procedure is a surgical procedure which is usually performed under general anaesthetic. Local anaesthetic is used whilst you are asleep so that you are pain-free when you wake up. It takes approximately 30 minutes to 1 hour to perform and is carried out as a day case, so there will be no need for an overnight hospital stay. The inner and outer labia can be altered and reduced in appearance to fit a more standard labia shape and appearance. The labia are not removed, as they are needed to protect the delicate inner areas.



What to do after the surgery

You will need a few days off work, but you may need up to 10-14 days depending on your occupation. You can return to gentle exercise at 2 weeks and heavier exercise at the gym at 4 weeks.

The risks of surgery

Although everything is done to reduce the chance of complications, all surgery has an element of risk. Typical risks of labiaplasty include bruising, swelling, minor bleeding (like a period), temporary skin numbness and skin irregularity. Unusual complications include permanent numbness, infection, bad scarring and asymmetry of the labia.