

Labiaplasty

(Labial Reduction)

1 What is a labiaplasty?

This is a procedure that reduces the labia minora. These are the flaps of skin that start inside and can sometimes protrude or just not look as neat as a lady would like to have them.

2 Am I suitable?

As long as you are in good health and a non-smoker who is not taking any medication that may make you bleed, you should be fine to proceed.

3 What happens after surgery?

It is important that you are able to rest after the surgery to allow things to heal so arrange to have some help at home if you have young children for the first week.

4 What happens during the operation?

The procedure can be done under Local Anaesthetic (LA) and we appreciate this is a sensitive and personal area so to make it easier I use a combination of a numbing cream applied to the area and then a small injection. You do not have to put your legs into uncomfortable stirrups like when having a smear as I prefer you to be comfortable and so you will lie on the table in a frog leg position with your heels drawn up to your bottom and knees apart.

5 How long does the surgery take?

The surgery takes less than an hour in total.

6 What types of stitches do you use?

We use dissolving stitches so that you do not have to go through the discomfort of stitch removal.

7 What should I do after surgery?

You should rest for the first 48hrs. You can go to the toilet as normal but be careful when wiping as you may disturb small clots and cause some bleeding. I recommend that you wear sanitary pads after surgery, just in case there is any small bleeding. You can shower the area after 48hrs but do not have a bath as this can dissolve the stitches. You should use very gentle (Baby) soap and pat the area dry after.

8 What shouldn't I do after surgery?

You should avoid intercourse for 4 weeks and be careful when resuming sexual activity to take things slowly and use lubrication if necessary. It can take months for all scars to get to their best and so don't be overly concerned as improvements can continue for up to 18 months with all scarring.



9 What are the possible complications?

The most common complication is bleeding afterwards but I am very careful in stopping all bleeding at the time of surgery.

10 When will I be seen after the operation?

I like to review my Patients at 1 and 2 weeks post op to check that all is healing well and then usually I do a final check after 3 months.

11 What techniques do you use?

I tailor the technique to the needs of my patients but am able to perform edge excision and wedge excision. The main differences are in the size of reduction required and how concerned you are about maintaining pigmentation of the edge of the labia. These choices will be discussed at your Consultation.

12 How do I book?

You can ring Jayne on 0161 393 3993 for a confidential, informal chat so that your mind is at rest before the Consultation. However, you will need a private consultation to discuss your personal requirements as everyone is different.

If you have any other queries,
please call Jayne on **0161 393 3993**



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