

Labial Reduction

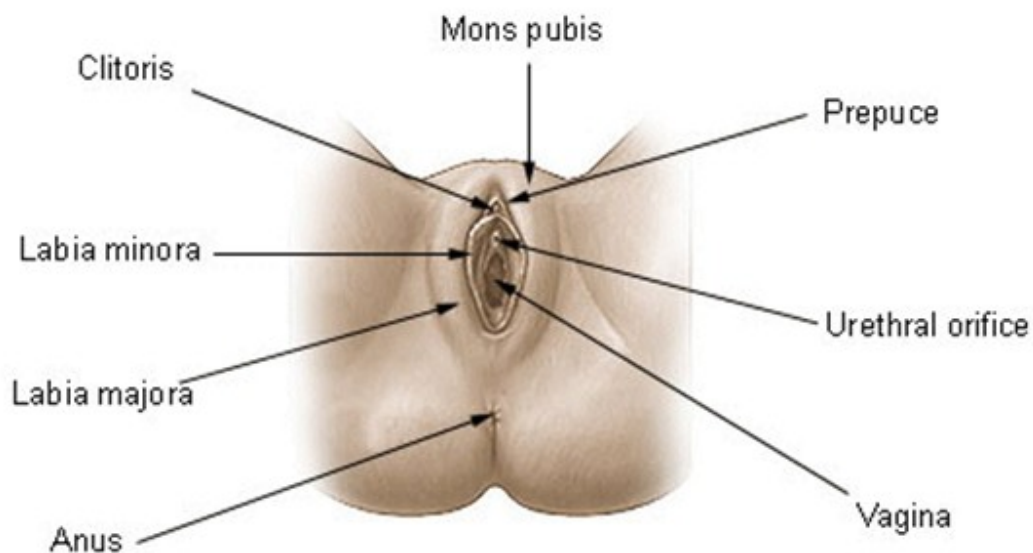
What is a Labial reduction?

Labial reduction also referred to as labioplasty, is a surgical procedure that will reduce and/or reshape the labia. The labia comprises of the labia majora (two large fleshy outer folds) and the labia minora (the inner skin folds that covers the female clitoris and vaginal opening). In some instances, women with large labia can experience pain during intercourse, or feel discomfort during everyday activities or when wearing tight-fitting clothing. Others may feel unattractive and wish to remove some of the skin that covers the clitoris.

A labioplasty may be done for the labia majora or minora. It is important to specify your expectations and how much you wish your labia reduced.

A labioplasty requires a general anaesthetic.

Diagram demonstrating the female genital organs



What are the Risks?

As with any surgical procedure there are certain risks. After surgery, women may experience mild discomfort and swelling, which usually disappears completely after 1-2 weeks. There may be discomfort whilst urinating. Pouring lukewarm water over the area while urinating may reduce the pain. Labial incisions usually heal and are rarely noticeable. Other possible risks are bleeding, infection, asymmetry, and scarring. Although these events are usually infrequent, they can sometimes occur. Dissatisfaction with the results may be an issue. These will be discussed with you during the consultation for your procedure.

What happens after the surgery and when can I go Home?

When you recover from surgery you may have a catheter in situ depending on the extent of surgery. You will be given analgesia as required though it is

unlikely to be painful initially due to local anaesthetics which are injected into the operation site to keep you comfortable.
You will be in hospital overnight.

When can I have Sex?

It may be 4-6 weeks before you feel comfortable enough to have intercourse.

When can I go back to Work?

You should be fine to go back to work after 3 to 7 days.

What precautions should I take during the recovery phase?

Avoid baths for the first 48 hours and take showers instead. For the first few days you may feel sore and tired and experience discomfort and stinging requiring regular pain killers. Wear loosely fitted underwear during the first 2 weeks after surgery. Do not use tampons for approximately 6 weeks after surgery. Strenuous activities can be resumed after 2-3 weeks, depending on individual patient's healing process.