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LABIAPLASTY (LABIA REDUCTION)

While every woman is constructed differently, many women suffer from an oversized or asymmetrical labia minora and/or majora, (the folds of skin often referred to as “lips”) that surround the entrance to the vagina. Some women are born with this condition and are affected by it throughout their lifetime, while in others it appears later in life due to the stretching effects of childbirth as a normal part of the aging process or as a result of some sports and hormonal effects. Now women with exceptionally long or unequal lengths of the labia minora can have them aesthetically reshaped with a safe, out-patient surgical procedure known as “labiaplasty”.

For the woman this condition can be both functionally and/or psychosocially troublesome. It can also be a source of anxiety during sexual intercourse and a source of embarrassment. Indications for surgical reduction include: local irritation, problems with personal hygiene, infections, interference with sexual intercourse and discomfort during normal day to day activities such as wearing certain clothing and participation in exercise and sports.

Why consider a labial reduction?

- To reduce the size of an abnormally enlarged labia minora (inner lips) or labia majora (outer lips)
- To relieve the physical discomfort caused by an enlarged labia
- To restore a more natural appearance of the labia, thereby improving self image and enhancing self confidence

This operation is performed using either local anesthetic with sedation or general anesthesia and takes approximately one to two hours. The objective is to obtain a result as natural looking as possible with minimal scarring. Your surgeon will trim the inner folds of the labia so that they no longer protrude either by reducing the edges of the labia or by snipping out a v-shaped wedge of tissue. The remaining edges are then carefully sewn back into place.

Recovery time from labiaplasty is minimal. Most patients can resume light activities the same day and may shower the day following surgery. Pain is minimal and usually is controlled with oral medication. Swelling is mild to moderate and peaks in two to three days then gradually dissipates over the next three weeks. Typically there is minimal bruising if any at all and there are no stitches that require removal.

As with any surgical procedure, a careful assessment of your individual case will be performed during a private consultation. While this procedure may not totally change your life, labial reduction can enhance your self-confidence and in many cases allow you to enjoy many aspects of your life more fully!

For more information on labia reduction call Plastikos Plastic and Reconstructive Surgery at 770-457-4677, or e-mail Dr. Kolb at drkolb@mindspring.com. Should you wish to review photos of an actual reduction performed by Dr. Kolb, click on the following link: http://www.plastikos.com/labiaplasty_photos.htm (WARNING: The following page in the photo gallery contains adult oriented material and pictures. You must be over 18 to view. Thank you.)