



**ABSOLUTE**  
COSMETIC MEDICINE

## LABIAPLASTY INFORMATION

A labiaplasty is a surgical procedure that modifies the appearance of the labia minora, labia majora or both. Some women find that their labia changes shape after pregnancy, illness or with age. The labiaplasty can alter the size, shape or symmetry of the labia.

The procedure was developed to remove excess skin from the labia but can also be paired with liposuction to the mons pubis, fat transfer to the labia majora, laser to improve the quality of the skin and the Mona Lisa Touch to improve the quality, strength and health of the vaginal wall.

**Common names:** vaginal rejuvenation, designer vagina

### WHAT HAPPENS DURING LABIAPLASTY SURGERY?

During a labiaplasty, a small incision is made along the labia minora and any excess skin is removed until the desired shape and appearance is achieved. If you have chosen to combine this procedure with a fat transfer, fat can be injected to fill out the labia majora.

The labiaplasty is performed under sedation so you should have no memory of the procedure. Labiaplasty surgery should only take 1 to 2 hours.

### RECOVERY

Most labiaplasty patients recover within 1 to 2 weeks. During this time, it is common to experience some discomfort and swelling. Pain medication can be taken to manage any discomfort. Swelling is a natural part of the healing process and will reduce over time.

Many patients can return to work a few days after the treatment; however, this will depend on the activity level of your job. Vigorous activity should be avoided for 2 to 4 weeks and sexual intercourse should be avoided for 6 weeks.

### WHEN SHOULD I SEE LABIAPLASTY RESULTS?

You will see the results of your labiaplasty immediately after the surgery, however, these results will improve over a 3 to 6 month time period. You will notice that your labia may appear smaller and more defined.

### IMPORTANT THINGS TO CONSIDER BEFORE A LABIAPLASTY

- Some patients may need a review procedure, although perfection is not possible.
- Each side can heal differently, and your body influences the final shape.
- You must be realistic about the results when considering this procedure.
- That you are not feeling pressure from others to undergo this procedure, and that it is a decision you have made independently.

### WHY CHOOSE ABSOLUTE COSMETIC FOR YOUR LABIAPLASTY PROCEDURE?

- Absolute Cosmetic has over 20 years of full-time experience in Cosmetic Medicine and was one of the first full-time cosmetic clinics in WA.
- We offer a full range of surgical and non-surgical rejuvenation options to ensure that we can offer a package that suits your needs.
- Our Doctors are highly experienced, Dr Glenn Murray has over 20 years of experience in Cosmetic Medicine and Dr Syed has over 15 years of experience in Cosmetic Medicine.
- We are health department licensed and fully insured to perform this procedure.

Please see our FAQ blog on Labiaplasty on our website for further information and to answer any other questions you may have.

Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified practitioner.