

## LABIAPLASTY - FREQUENTLY ASKED QUESTIONS

### **Q: What is labiaplasty?**

A: Labiaplasty is an out-patient procedure performed to sculpt the skin surrounding the vaginal opening called the labia. When elongated, the labia minora (inner labia) may interfere with exercise or intercourse and limits clothing options due to the appearance of a bulge or discomfort. Most patients who undergo labiaplasty do not want the labia minora to protrude beyond the labia majora (outer labia).

### **Q: How long does labiaplasty take?**

A: Individual procedures typically take between 1 and 2 hours. Combination procedures take longer depending on the surgeries requested by the patient.

### **Q: Where is the surgery performed?**

A: Most surgeries are performed in our private surgical suite. Since 2007 it has been accredited by the American Association for the Accreditation of Ambulatory Surgical Facilities (AAAASF), the gold standard in patient safety. Our all-female surgical staff specializes in cosmetic vaginal surgery emphasizing patient safety, comfort, and peace of mind. Most of our patients tell us this is preferable to a hospital setting or a large surgery center as patient privacy is more fully protected and a patient is never exposed to hospital based germ cross-contamination. The surgical suite is also superior to in-office procedures because we can use more appropriate anesthesia to achieve the best cosmetic results for our patients. Dr. Brady and her surgical team have thousands of hours of experience in this state of the art facility.

### **Q: How much does labiaplasty cost?**

A: Fees range from \$5000 to \$7000 including the surgeon's fee, anesthesia fee, facility fee, all pre and post-operative appointments, and blood work. A quote based on your specific medical history, physical exam and desired goals will be provided upon the conclusion of your initial consultation.

### **Q: What about financing?**

A: Women's Wellness Institute of Dallas has made arrangements with Care Credit and United Medical Credit to offer financing plans including six months/no interest.

### **Q: Is there a fee for the initial consultation with the surgeon?**

A: No. The initial consultation is complimentary and focuses on an individualized plan of care to address each patient's aesthetic desires. Surgical procedures are discussed in detail, before and after photos are reviewed, and all post-surgical protocols are explained.

### **Q: Is labiaplasty covered by my insurance?**

A: Labiaplasty is usually categorized as an elective procedure such as breast augmentation, liposuction or abdominoplasty. In our experience, it is covered as an insurance benefit only when associated with nipple reconstruction following a mastectomy. It is important that you check with your insurance company BEFORE scheduling any procedures.

### **Q: Should I have my labiaplasty performed by a plastic surgeon or by an OB/GYN?**

A: The answer is neither. Plastic surgeons tend to focus the majority of their practice and time on the most common elective procedures, including breast augmentation and face lifts. Vaginal rejuvenation, if performed at all, is a secondary procedure they rarely have the opportunity to perform with limited expertise. General OB/GYN's, while examining hundreds of women monthly for pap smears or yeast infections,

have minimal if any training or experience performing a state of the art vaginal rejuvenation for premium aesthetic results. Cosmetic gynecologic surgery is ideally performed by a surgeon who specializes in the field of aesthetic vaginal surgery. Ideally, patients will seek out a specialist who has performed hundreds or thousands of vaginal rejuvenation LABIAPLASTY procedures and is intimately familiar with the varied anatomy, patient preferences and latest surgical management to provide optimal results both aesthetically and functionally.

To choose a qualified cosmetic vaginal surgeon:

- Verify credentials
- Review before and after photos
- Consider the number of vaginal rejuvenation procedures performed
- Request patient testimonials

**Q: How many labiaplasties has Dr. Brady performed?**

A: Dr. Brady has performed hundreds of labiaplasties since she became the first cosmetic vaginal surgery specialist in Dallas in 2006.

**Q: Why should I choose Dr. Brady as my surgeon over other surgeons?**

A: As a specialist in cosmetic vaginal surgery Dr. Brady has years of experience performing labiaplasties on a weekly basis. Many surgeons in the area do perform labiaplasties, but only a few cases each year and they are secondary procedures behind face lifts and breast augmentation. Dr. Brady has years of training as a vaginal surgeon and has studied with both Dr. David Matlock and Dr. Red Alinsod, both widely recognized pioneers in the field of cosmetic vaginal surgery. Patients are typically thrilled with their aesthetic results, and all patient survey results are available for review during the initial consultation. Numerous before and after photos provided on this site, and even more during the consultation, attest to the various extremes of anatomy that Dr. Brady has transformed.

Moreover, as a female, Dr. Brady fully comprehends the sensitive nature of the subject and is able to communicate with empathy and understanding. Our entire office staff is female including all of the physicians and nurses. Many patients say they feel more comfortable, respected, and protected being surrounded by other women during a vaginal surgery.

Finally, the on-site AAAASF accredited surgical suite available to Dr. Brady's patients is the perfect setting to undergo labiaplasty. The suite is reserved for cosmetic vaginal surgeries ONLY providing an exclusive, comfortable, patient-focused and practiced experience throughout your stay with us.

**Q: What symptoms are typical among women who elect to have labiaplasty?**

A: Common complaints include labial pain and irritation from rubbing against clothing (especially jeans and workout clothes), as well as interference with activities including intercourse, tampon placement, urination, cycling or horseback riding and the appearance of a bulge when wearing certain clothes. For some women elongated or asymmetrical labia may cause embarrassment or interfere with a sexual relationship. A significant percentage of our patients simply do not like the appearance of their labia and request subtle sculpting.

**Q: What are the surgical risks of labiaplasty?**

A: Risks of surgery are extremely rare and seen in less than 1% of cases. Complications may include infection, bleeding, scarring and nerve injury – the risks involved with pregnancy and delivery are signifi-

cantly higher than any risks associated with labiaplasty with an experienced surgeon.

**Q: What types of anesthesia are available?**

A: General anesthesia and IV sedation (twilight anesthesia) are available. Your particular anesthetic will be determined according to your desire after a discussion with our anesthesiologist.

**Q: What is recovery like after labiaplasty?**

A: Most patients are up and about the afternoon of their surgery day. During the first 24 -48 hours after surgery, patients should place ice packs or frozen peas on their incisions to minimize swelling and bruising. Routine tasks are encouraged as long as there is no irritation or pressure at the incision sites. Loose clothing and cotton underwear “granny panties” are mandatory.

By 72 hours you may resume regular activities, making sure there is minimal friction to the labia. Patients may drive at any time as long as they are not taking narcotics. Patients may return to work within 2-3 days as long as rigorous physical activity is avoided. The stitches will usually dissolve by the 6 week follow-up appointment. During the 6 week recovery, patients are on pelvic rest (no intercourse or tampons) and should avoid bath tubs/hot tubs or swimming in the lake or ocean. Rigorous exercise, cycling, horseback riding, jet skis, motorcycles and four wheelers should be avoided during the recovery period.

**Q: How soon after surgery can I return to work?**

A: Most patients return to work within 2 – 3 days.

**Q: What kind of pain can I expect after labiaplasty?**

A: Pain overall is minimal due to nerve blocks and local anesthetic injected at the conclusion of the case. You should expect limited pain for the first 18-24 hours. After this, most patients report mild to moderate discomfort and swelling for a few days which can be easily controlled by analgesics and cold compresses. You are likely to have some continued soreness for a few weeks after surgery usually requiring only anti-inflammatories like ibuprofen.

**Q: How soon may I have sex after surgery?**

A: We ask that you abstain from sexual intercourse and masturbation for 6 weeks to ensure the best aesthetic results.

**Q: Will I have a scar after labiaplasty?**

A: Any incision on the body will leave some form of scar. Labial scarring, however, tends to be minimal as the incisions are small, the tissue is thin with a good blood supply and labia naturally have a slightly “wrinkled” appearance prior to surgery already. The goal of surgery is to have such a natural appearance that your OB/GYN doesn’t even realize you had surgery.

**Q: Will labiaplasty affect my sexual satisfaction?**

A: For some women, enhanced self confidence and reduced labial tissue can actually improve sexual experience and sensation. A patient’s ability to achieve stimulation and clitoral orgasms should not be diminished as Dr. Brady takes paramount care to spare the clitoris any injury during surgery protecting this very sensitive organ at all times.

**Q: How long will it take for me to see my final results?**

A: Final optimal results are typically appreciated 4-6 months after surgery. By the 6 week clearance appointment, the stitches should have dissolved and most of the bruising and swelling will have resolved.

**Q: Can labiaplasty be combined with other cosmetic surgical procedures?**

A: Yes. Many times patients choose to combine vaginal rejuvenation with labiaplasty for a full feminine make over. In addition, Dr. Brady works with a number of plastic surgeons to combine elective procedures such as breast augmentation, liposuction, or tummy tucks. With this option your surgery will be conducted in a single surgical session, thereby minimizing the risk, inconvenience and cost of multiple surgeries.

**Q: I am from out of town. How long before I can travel back home after my surgery?**

A: Many of our patients travel nationally and internationally to undergo labiaplasty with Dr. Brady. Most prefer a long distance initial consultation which may be scheduled by calling our office or via the contact page on this site. If a patient wishes to pursue labiaplasty she arrives the evening before surgery and should remain in the Dallas area for 24 hours after surgery. Our concierge service is accustomed to facilitating hotel reservations, transportation services, private in-room nursing and recommending entertainment venues, delicious five star restaurants and Texas-sized shopping sprees.

**Q: Does Dr. Brady perform laser labiaplasty?**

A: Dr. Brady is proficient with many surgical instruments including the laser, Ellman surgitron device, electric knife, iris scissors and the scalpel. The instrument best suited for your particular surgery will be discussed during your initial consultation and the advantages and disadvantages of each instrument may be reviewed in detail.

**Q: What do “normal” labia look like?**

A: There is no such thing as “normal” labia, just as “normal” breast size is impossible to define. Every woman displays her own individualized anatomy – labia are thick or thin, dark or pink, and labia come in every variable size and shape. A woman’s labia are never considered abnormal. When women request labiaplasty of the labia minora (inner lips) they usually request that the labia not protrude beyond the labia majora (outer lips). The bottom line is if they bother you it’s time to explore your options.

**Q: May I personally speak with other patients who have had labiaplasty performed by Dr. Brady?**

A: Yes. Many of our previous patients have offered to speak with other women who are considering labiaplasty.

**Q: Is it possible to lighten the dark skin on my labia and in the vaginal area?**

A: Darker skin, attributed to hormonal changes or genetic factors, can usually be addressed surgically or with prescription medication. During your consultation Dr. Brady will clarify your individual options.