

Ask the Plastic Surgeon:

Q

Since the birth of my first child, I have become more selfconscious of the appearance of my labia. Is there a procedure available to help with this?

A

More and more women are asking about this procedure. It is very common for women to experience physical discomfort or embarrassment due to the large size or unevenness of the labia. It can sometimes interfere with everyday activities, or cause pain during intercourse. A labiaplasty reduces the size and shape of the internal labia. The surgery is performed as an outpatient procedure under local anesthesia. After surgery, women may experience some mild discomfort and swelling, which usually disappears completely after 1-2 weeks. Scarring is rarely noticeable. With realistic expectations this procedure can greatly improve your self-esteem and confidence.





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