

## Procedures

### Labial Reduction

#### What are the issues?

There is a large variation in the anatomy of the labia minora and majora (the inner and outer lips at the entrance to the vagina). Like all parts of the body, this area can change with age and following childbirth. Some ladies feel that their labia minora are abnormal and too large, which can lead to physical discomfort or concern about their appearance, both in clothes and naked. This can affect their normal daily and sporting activities, lead to a loss of confidence and even affect relationships.

#### What can the procedure achieve?

This will depend on the specific problem and the particular concerns of the patient. It is possible to reduce the labia minora surgically, with an expectation to improve the contour and appearance, as well as reducing any symptoms of discomfort.

#### What does the procedure involve?

Surgery is routinely performed under general anaesthesia, but local anaesthesia is an option. The technique used will depend on the location of the excess skin. It may involve a wedge excision, a more extensive resection maintaining tissue at the upper end only, or a general trim of excess tissue between the skin and the vaginal lining.

#### What are the limitations?

The aim of this surgery is to return the appearance to normality and improve your self confidence. Therefore, it's important that the expectations and limitations are discussed and agreed between you and your surgeon. It is not possible or desirable to remove all tissue, and reduction around the clitoral hood is generally not undertaken.

#### What are the risks?

As with all surgery, there is a risk of infection and bleeding, which may lead to problems with wound healing and breakdown. Scars in this area generally settle very well, but difficult or symptomatic scars are a small possibility. Infections usually respond quickly to a short course of antibiotics.

#### What can I expect afterwards?

You are likely to be uncomfortable for a few days, and swollen for over a week. Regular cleansing is recommended, along with application of an antibiotic ointment. You should refrain from sexual intercourse in the immediate post-operative period for at least ten days, and until you are comfortable.

### Contact Us

For information and appointments please contact us and we will be happy to help.

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