



Mr Sam Dobson MRCOG

Consultant Gynaecologist

Subspecialist in Reproductive Surgery

www.samdobson.co.uk/labiaplasty

Information Leaflet (Version 1, Apr 2024)

Labiaplasty

What is a Labiaplasty?

Labiaplasty is a surgical procedure that aims to alter the size or shape of the labia minora (inner vaginal lips). Medical indications for Labiaplasty aim to improve symptoms related to:

- Chafing or discomfort with clothing.
- Discomfort during physical activities, sport or sexual intercourse.
- Correct asymmetry.
- Repair labia after trauma sustained following childbirth or infection.
- Help with self-confidence.
- Problems with hygiene.

Labiaplasty can help alleviate this discomfort and improve overall quality of life and self-confidence.

The Procedure?

During a labiaplasty procedure, excess tissue is removed from the labia minora to achieve the desired size and shape. The surgery is typically performed under local (awake) or general (asleep) anaesthesia, depending on the extent of the procedure and patient preference. The specific technique used will depend on individual anatomy and goals, and your surgeon will discuss the options with you during the consultation.

Recovery

Following labiaplasty, patients may experience swelling, bruising, and discomfort in the treated area. Pain medication and cold compresses can help alleviate these symptoms. It's essential to follow your surgeon's post-operative instructions carefully to promote proper healing and reduce the risk of complications.

Avoid strenuous activities and sexual intercourse for at least four weeks, to allow the surgical site to heal fully. You may need two weeks off work, and it can take a couple of months to heal fully. Keep the area clean and wear loose comfortable underwear.

Risks

Like any surgical procedure, labiaplasty carries risks, including infection, bleeding, scarring, painful intercourse, asymmetry of the labia minora and changes in sensation. It's important to discuss these risks with your surgeon and ensure that you understand the potential outcomes before proceeding with surgery.

Is it right for you?

Labiaplasty is a personal decision, and it's essential to have realistic expectations about the results. If you are considering labiaplasty, schedule a consultation to discuss your symptoms, concerns and goals, so that your surgeon can recommend the most suitable treatment plan for you.

Labiaplasty can be a life-changing procedure for individuals who are struggling with the symptoms of their enlarged labia. By addressing functional concerns, labiaplasty can enhance self-confidence and improve overall quality of life.

For more information or to schedule a consultation with Mr Sam Dobson, please contact us using the contact details below.

Contact Us:

Mandy Banbury:

Tel: 0115 966 2111 (Tues/ Wed/ Thurs)

Email: mandy.banbury@circlehealthgroup.co.uk

The Park Hospital:

Tel: 0115 871 7855

www.samdobson.co.uk/labiaplasty