



## VAGINAL REJUVENATION

Vaginal rejuvenation, also known as aesthetic vaginal surgery or vaginoplasty, aims to tighten lax muscles and tissues and remove excess vaginal skin. This procedure narrows the diameter of the vagina, resulting in a smaller and tighter opening and vaginal canal. In ordinary terms, the procedure is essentially a “face lift” for the vulva and vagina. Dr. Alinsod has developed and pioneered many innovative techniques in this newly evolving field of cosmetic surgery and is happy to offer these services to his patients.



## FEEL FEMININE AGAIN

Due to the effects of childbirth, aging, trauma, and/or genetics, the vaginal tissue and surrounding muscles can become stretched and lose their strength and tone. Labial enlargement, unevenness, or traumatic tears from childbirth can also affect the labia. This can result in discomfort with intimate contact, chronic rubbing, a pulling sensation, vulvar pain, and an inability to wear certain types of clothes such as tight jeans or swimsuits. Most women simply live with these symptoms but now help is available. Femininity can be restored.

## CALL THE EXPERT

Dr. Alinsod has the distinct advantage and experience as a reconstructive pelvic surgeon enabling him to tackle even the most difficult of cosmetic vaginal/vulvar cases. Unlike a plastic surgeon, who typically has no training in the art of reconstructive pelvic surgery, or a general gynecologist, who has little to no training in aesthetic vaginal/vulvar procedures, Dr. Alinsod is able to treat the whole woman in terms of her aesthetic, gynecologic, and urologic health by addressing any incontinence and pelvic prolapse that may be present at the time of the cosmetic procedure. This broad base of knowledge and experience combined with a sharp focus on aesthetics makes Dr. Alinsod the surgeon of choice.

Dr. Alinsod has refined the in-office vaginal rejuvenation surgery so that it does not require an IV and is done under mild sedation and local anesthesia. Dr. Alinsod's vaginal rejuvenation services are unparalleled. What makes this medical practice so unique is the multitude of specialties: gynecology, urology and aesthetic surgery. Dr. Alinsod has mastered the skills of each of these fields and patients benefit from this first-rate expertise.



**DR. RED ALINSOD**

Call South Coast Urogynecology at 949.499.5311 or visit [www.urogyn.org](http://www.urogyn.org).

## DR. RED ALINSOD IS ALSO A TEACHER.

Throughout each year, Dr. Alinsod brings his wisdom and expertise to fellow physicians. He provides training to physicians seeking to learn more about pelvic reconstruction and vaginal rejuvenation.

Dr. Alinsod is happy to be a part of the South County community and works hard to bring his patients the best. “It pleases me that I have the chance to make a difference in this Orange County community that I love so much,” he says.

Dr. Alinsod has a following that reaches all over the world. Fortunately for the South County community, this internationally-renown surgeon is nearby. If you are in need of the services of Dr. Red Alinsod call his office today.

## Q&A

How long after delivery should I consider vaginoplasty? Should I wait until I have all my children before I pursue any procedures in vaginal rejuvenation?

It is best to wait until you are done having children before doing a vaginoplasty though a labiaplasty can be done at any time. Labiaplasty can be done about six weeks after a delivery. Vaginoplasty can be done about two months after a delivery.