

Red M. Alinsod, M.D., FACOG, ACGE

South Coast Urogynecology

The Women's Center

31852 Coast Highway, Suite 200

Laguna Beach, California 92651

949-499-5311 Main

949-499-5312 Fax

www.urogyn.org

Vaginoplasty is a surgical procedure that makes the vagina tighter by removing excess vaginal lining and tightening the surrounding soft tissues. It has been also called “vaginal rejuvenation.” Due to childbirth and even aging, the vagina can become stretched and the surrounding muscles lose their strength and tone. The loose feeling that many women feel is noticed even more by their male partner during sexual intercourse. Vaginoplasty decreases the diameter of the vagina, which results in increased friction during intercourse, making intercourse a much more pleasurable experience for the patient and her partner.

Vaginal Rejuvenation refers to the posterior reconstruction of the vaginal vault and perineum, making the vaginal diameter smaller and pelvic floor stronger to assist in achieving the youthful structure of the pelvis. Vaginal depth is not affected by this surgery. Vaginal rejuvenation is a modification of the standard posterior repair and perineorrhaphy done for pelvic prolapse surgery such as a rectocele.

As we get older our bodies get worn, torn, stretched and youthful resilience is reduced. Smoking, bronchitis, chronic cough put strain on the pelvic structures. The same happens to the vaginal tissues and pelvic floor, especially after pregnancy. The vaginal vault and pelvic floor are stretched, dilated, pelvic muscles become too relaxed, loose strength and tone, and you lose some or all support and control. The vaginal vault becomes stretched and it loses the dilating effect during sexual intercourse and you no longer have the ability to contract, squeeze and relax your vaginal muscles at will. Vaginal rejuvenation typically tones vaginal muscle and strengthens the pelvic floors, resulting in greater contraction strength and control, thereby enhancing the sexual experience for the man and the woman.

Also at this time other problems that can make sex very uncomfortable can be corrected. Some patients may have an cytocele (fallen bladder), enterocele (fallen bowel), or rectocele (fallen rectum), fallen vagina, fallen uterus, which may protrude via the vaginal opening. During vaginoplasty this hernia can be repaired, the pain eliminated, and satisfaction during intercourse restored. The use of advanced mesh materials are often recommended to ensure a durable repair and to decrease the failure rates when weakened tissues are put back together. Few gynecologists are trained in this advanced surgery. Fewer urologists are likewise trained. Almost no plastic surgeons have training for these pelvic prolapse surgeries. Urogynecologists have the specific training and skills for this.

Vaginoplasty can give your vagina a youthful appearance, give you more control of your vaginal muscles, and greatly increase the sexual satisfaction for you and your partner during intercourse.

External Vaginoplasty refers to the trimming of labia minora, more commonly known as the lips of the vagina. This is more commonly called "**labiaplasty**." Some women have very long, unequal labia minora which may be bothersome or may interfere with sexual gratification. More commonly the unsightly appearance of the excess skin causes psychological damage that results in the loss of sexual desire for both partners. Women who have this excessive skin are often so embarrassed by it that it may take years before they discuss it with a friend and even longer before they seek correction of the problem. Many teens complain of large and protruding labias that fall out of their swimsuits or leotard causing extreme embarrassment.

If you have this problem it can be taken care of very easily. External vaginoplasty is a simple in-office procedure under local anesthesia. The excess skin is carefully removed during a procedure that takes about sixty minutes. It takes about 2-3 days to recover from the procedure, with swelling lasting a week or two. Full healing takes 6 to 8 weeks. The end result is a more youthful appearance, improved sensation and a more comfortable and confident sex life. The cost for vaginoplasty is about \$6,000. Labiaplasty is about \$5,000. Pelvic prolapse repair is usually covered by your medical insurance.