



Red M. Alinsod, M.D., FACOG, FACS, ACGE
Urogynecology & Reconstructive Pelvic Surgery
Aesthetic VulvoVaginal Surgery

Dr. Red Alinsod completed medical training at Loma Linda University Medical Center in 1990. He served a 12-year Air Force career with 4 active duty years at George and Nellis Air Force Bases. Now in solo private practice, Red has built a large and successful urogynecology, pelvic reconstructive surgery, and aesthetic vaginal surgery following. He is the Director and founder of South Coast Urogynecology and The Alinsod Institute for Aesthetic Vulvovaginal Surgery. His International teaching program is the first of its kind to combine both pelvic reconstructive and aesthetic principles together. He has trained many of the world's leading doctors and instructors in cosmetic gynecology and has presented his techniques worldwide. He is co-editor of *Female Cosmetic Genital Surgery, Concepts, Classification and Technique*, the seminal textbook for plastic surgeons and gynecologists in this rapidly growing field. He is the Founder and Chairman of CAVS (Congress on Aesthetic Vulvovaginal Surgery), the oldest and longest running Congress dedicated to Aesthetic Vulvovaginal Surgery and Female Cosmetic Genital Surgery. He is the inventor of the "Barbie Look" and "Hybrid Look" Labiaplasty, Medial Curvilinear Labia Majoraplasty, Central and Lateral Clitoral Hood Reduction, In-office No-IV Labiaplasty, Perineoplasty, Vaginoplasty, Pudendo-Levator Block. He is the inventor and patent owner of the Lone Star APS Vaginal Retractor, APS Surgical Table, Alinsod Scissors, and various pelvic reconstructive devices and techniques such as *Sling with Bladder Support* and *Implants and Procedures for Treatment of Pelvic Floor Disorders*. Dr. Alinsod is the inventor of ThermiVa, a radio frequency device for dermatologic conditions with specific use in feminine tissues. He heads Thermi's Clinical Advisory Committee for Women's Health and the ThermiVa Center for Physician Education. Dr. Alinsod also specializes in non-surgical labial and vaginal tightening, treatment of stress incontinence, non-drug treatment of overactive bladder, atrophic vulvovaginitis, orgasmic dysfunction, and vulvar dystrophy. These disruptive and safer methodologies of treatments, developed by Dr. Alinsod, are changing the face of gynecology for the benefit of women worldwide. Dr. Alinsod welcomes your calls, emails, and inquiries.

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| PRESENT POSITION | 1/05 – Present | South Coast Urogynecology, Inc. President, Director, Owner |
| | | The Alinsod Institute for AVS Training Institute for GYN Aesthetics Director, Owner |
| | | The Laguna Laser Center Director, Owner |
| | | Congress on Aesthetic Vaginal Surgery Founder, Director, Program Chairman |
| | | Thermi Chairman of Women's CAC ThermiVa Center for Physician Education |
| PREVIOUS POSITIONS | 9/94 – 12/04 | Facey Medical Group, Partner Department of OB/GYN Risk Management Chairman Litigation Committee, Pension Trustee Board Member 1999 – 2000, 2002 Clinical Instructor: NH FP Residency Clinical Instructor: UCLA Urogynecology |
| | | Chief of Gynecologic Services 554 Med Group, Nellis AFB Las Vegas, NV |
| | | Chief of Gynecologic Services 35 th Medical Group, George AFB Victorville, CA |
| EDUCATION | 7/86 – 6/90 | Internship and Residency, OB/GYN Loma Linda University Med. Center Loma Linda, CA Fellowship: Gynecologic Oncology Yale University SM USAF Active Duty |
| | 7/82 – 6/86 | Loma Linda University Medical School Loma Linda, CA MD, BS Human Biology Scholarship: USAF Health Professions Activities: Chief Photographer |
| | 09/78 – 6/82 | Pacific Union College, Angwin, CA BS, Biochemistry |
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CERTIFICATION STATUS

Board Certified, ABOG & ACGE #20
California Medical License
DEA License
Fellow of ACOG, ACS
Associate Fellow AACS, ASLMS

PROFESSIONAL SOCIETIES

ACOG, ACS, AUGS, IUGS, ICS, ISPP
AAGL, AAOCG, AACS
Felix Rutledge Fellow

PERSONAL

Married, 3 children
Skiing, Dobermans, Golden Retrievers
Photography

SPECIALIZED SURGICAL SKILLS

Aesthetic Vaginal Surgery (AVS)
Labia Minora and Majora Plasty
Clitoral Hood Reduction
Vaginoplasty/Perineoplasty
Hymenoplasty
Non-Invasive Labial tightening
ThermiVa Feminine Restoration
Pelvic Floor Reconstruction
Single Incision Slings
Advanced Laparoscopy/Hysteroscopy
Aesthetic Lasers, Fillers, Botox
O-Shot, Vampire Lift
Awake/In-Office Aesthetic Gyn Surgery

CLINICAL & INDUSTRY

Coloplast Medical Consultant
Thermi: Consultant, Inventor
Cooper Surgical: LoneStar Inventor
Ellman International: Instructor, Inventor
Monarch Medical: Alinsod Scissors/Table

PATENTS & INVENTIONS

ThermiVa RF for Non-Surgical Labial and
Full Depth Vaginal Tightening

Lone Star APS Vaginal Retractor

Sling with Bladder Support

Implants and Procedures for the Treatment
of Pelvic Floor Disorders

Alinsod Surgical Table and Stand

Alinsod Scissors, Pickups, and Clamp

Surgical Techniques for Labial and Vaginal
Surgery (RF Barbie Look Labiaplasty,
Curved Medial Labia Majoraplasty, Vertical
Clitoral Hood Reduction, Lateral Clitoral
Hood Reduction, RF Hemorrhoidectomy)

Pudendo-Levator Block, Clitoral Block

LECTURES, PRESENTATIONS, PUBLICATIONS

Upon Requests

Red Alinsod, MD, FACOG, FACS

Loma Linda University School of Medicine
Major, US Air Force

Private Practice 1994 to Present
South Coast Urogynecology in Laguna Beach, CA
Alinsod Institute for Aesthetic Vulvovaginal Surgery
Founder: CAVS (Congress on Aesthetic Vulvovaginal Surgery, founded 2006)
Honorary Founder of Aesthetic Gyn Societies in Brazil, Paris, Germany, Poland

Patents and Equipment Developed

1. Lone Star APS Retractor
2. Implantable Sling with Bladder Support
3. Implants and Procedures for Treatment of Pelvic Floor Disorders
4. Brought first Ultra Lightweight Mesh to USA in 2005 (Restorelle)
5. Alinsod Urogyn Table
6. Alinsod Scissors, Pickups, Clamps
7. ThermiVa – Patent Pending

Procedures Developed

1. Radiofrequency Surgical Techniques for Aesthetic Gynecologic Surgery In-Office
 - a. First to treat vulvovaginal tissues with non-surgical RF energy
 - b. Feathering Technique for Resurfacing Revision surgery
 - c. Pudendal-Levator Block
2. In-Office RF Labiaplasty
 - a. Barbie Look
 - b. Hybrid Look
 - c. Vertical Clitoral Hood Reduction
 - d. Lateral Curvilinear Clitoral Hood Reduction
3. In-Office Vaginoplasty and Perineoplasty
4. Medial Curvilinear Labia Majoraplasty
5. Thermi-O (ThermiVa + O-Shot)
6. ThermiVa Research on
 - a. Tightening of vulva and vagina
 - b. GSM
 - c. SUI
 - d. OAB
 - e. Orgasmic Dysfunction
 - f. Fecal Incontinence
7. Gynecologic Dermoelectroporation for local anesthesia and vulvar lightening and plumping

Recent Awards

1. 2015: Best Feminine Rejuvenation, The Aesthetic Show, Las Vegas, NV



2. 2016: Award of Innovations in Cosmetic Gynecology, European Society of Aesthetic Gynecology, Rome, IT



3. 2017: Outstanding Contributions to Cosmetic Surgery 2017, International Society of Cosmetogynecology, San Diego, CA



4. 2017: Award of Lifetime Contribution in Cosmetic Gynecology, European Society of Aesthetic Gynecology, Madrid, Spain.

