

# *Patient Information Booklet*

## AESTHETIC VULVOVAGINAL SURGERY AT SOUTH COAST UROGYNECOLOGY **2020**

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

949-499-5311 • [info@urogyn.org](mailto:info@urogyn.org)  
[www.urogyn.org](http://www.urogyn.org)

Pacific Coast Highway, Laguna Beach, California



**ALINSOD INSTITUTE**  
for AESTHETIC VULVOVAGINAL SURGERY

## TABLE OF CONTENTS

Introduction to The Alinsod Institute for Aesthetic Vaginal Surgery	3	Vaginoplasty (vaginal rejuvenation)	39
About Dr. Red Alinsod	4	Description of Surgical Procedures - Perineoplasty	40
Introduction to South Coast Urogynecology	5	Description of Surgical Procedures - Labia Minora Plasty	41
Office Photos	6	Description of Surgical Procedures - Labia Majora Plasty Cont.	42
Meet Our Staff	7	Description of Surgical Procedures - Clitoral Hood Reduction	43
Meet Our Staff	8	Description of Surgical Procedures - Hymenoplasty	44
Medical Treatments	9	The Process: What happens when you finally decide to have surgery	45
Speciality Descriptions for SCU	10	The Process cont.	46
High Frequency (No Scalpel) Surgery vs. Laser Surgery	11	Procedure Details for Labiaplasty in the Office	47
Ellman Surgitron versus Lasers: Which is Best?	12	Procedure Details for Labiaplasty in the Office cont.	48
Ellman/Laser Lab: Seeing is believing	13	Labiaplasty and Vaginoplasty Recovery	
What is Vaginal Rejuvenation?	14	Essential Pre-Op Instructions	49
What is Vaginal Rejuvenation? (cont.)	15	Post-Operative Care Instructions	50
Frequently Asked Questions about Vaginal Surgery	16-21	Before and After Photos	51-52
ThermiVa: Non-Surgical Vaginal Tightening	22	Case Studies of Dr. Alinsod's Vaginal Surgeries	53
Vaginal And Labial Looseness After Babies	23	Office Photos	54
ThermiVa: Non-Surgical Vaginal Tightening	24-26	Costs and Financing, Patient Forms	55
Before and After ThermiVa: Non-Surgical Vaginal Tightening	27	Costs and Financing	56
ThermiVa: Patient Testimonials, Patient #1	28	Patient Forms	57
ThermiVa: Patient Testimonials, Patient #2	29	Patient Testimonials (58-72)	58
ThermiVa: Patient Testimonials, Patient #3	30	Comparative Chart	73
ThermiVa: Patient Testimonials, Patient #4	31	In The News! (74-80)	74
Thermi: Non-Invasive Body Contouring & Tightening	32	Contact Us	81
Description of Thermi Procedures	33		
The Thermi250	34		
EMSELLA - Stress Incontinence and Overactive Bladder	35		
What is Emsella?	36		
Description of Surgical Procedures	37		
Description of Surgical Procedures	38		

## Introduction to The Alinsod Institute for Aesthetic Vaginal Surgery



Dr. Red Alinsod and South Coast Urogynecology serve a dual role of Quality Patient Care and Physician Education. First and foremost is to provide the highest quality of Aesthetic Urogynecologic services. Its second role is to educate physicians and surgeons in the art and science of Aesthetic Vulvovaginal Surgery.

We offer highly specialized surgery to restore and enhance the appearance of the vaginal area. These procedures, frequently referred to as "Vaginal Rejuvenation," "Aesthetic Vaginal Surgery," "Cosmetic Vaginal Surgery," labiaplasty" or "vaginoplasty," resurfaces and tightens the tissues to reclaim the youthful appearance and function.

Dr. Alinsod has developed and pioneered many innovative techniques in this newly evolving field of aesthetic vulvovaginal surgery and is happy to offer these services to his patients and to teach surgeons worldwide on how to perform these transformational gynecologic surgeries.

These surgical and non-surgical procedures can enhance intimacy. These procedures can be performed in the office without the need for IVs or spinals. Many patients have flown in to Southern California and have received the highest of care, personalized service, and outstanding results while completely awake or very lightly sedated with oral medications. These techniques are passed on to the visiting surgeons to enable very low risk and low cost surgeries to be performed in their own offices.

Dr. Alinsod has the distinct advantage and experience as a reconstructive pelvic surgeon enabling him to tackle even the most difficult of cosmetic vulvovaginal cases. Dr. Alinsod is able

to treat the whole woman in terms of her aesthetic, gynecologic and urologic health both in a surgical and non-surgical manner. These skills are elegantly presented and taught to his students worldwide.

This broad base of knowledge and experience, combined with a sharp focus on aesthetics, makes Dr. Alinsod the surgeon of choice to train those who want to incorporate aesthetic gynecology into their practices. He welcomes your inquiries.



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.



## About Dr. Red Alinsod



Dr. Red Alinsod completed medical training at Loma Linda University Medical Center in 1990. He served a 12-year

Air Force career with four (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.

Dr. Red Alinsod is director and owner of South Coast Urogynecology and the Alinsod Institute for Aesthetic Vulvovaginal Surgery in Laguna Beach, CA. He is a world-renowned Urogynecologist and Aesthetic Vaginal Surgeon and the founder of the first CME-approved Aesthetic Vulvovaginal Workshop sponsored by The American Academy of Cosmetic Gynecologists.

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.

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.

## 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
  - g. Vulvovaginal Atrophy
7. Gynecologic Dermoelectroporation for local anesthesia and vulvar lightening and plumping





## Introduction to South Coast Urogynecology

### Who We Are:

We are surgical sub-specialists for women's health issues such as urinary leakage, fallen bladder/rectum/vagina/uterus, abnormal vaginal bleeding, pelvic pain, failed prior surgeries, and unappealing vaginal appearance or function.

### What We Do:

We specialize in gynecology, urogynecology, pelvic surgery, and aesthetic vaginal surgery or vaginal rejuvenation. We perform complete workups for referring doctors and private patients. Most of our surgeries are quick, outpatient, or just overnight stays.

### Why We Are Unique:

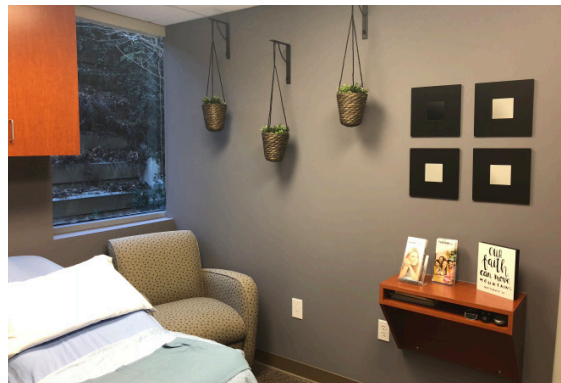
Our surgical sub-specialty is unique in that it enables one physician to integrate the skills of a gynecologist, urologist, and aesthetic surgeon. Our practice is one of the very few internet based practices that offers secure communications with patients along with rapid response. We use Blackberry and iPhones to provide instantaneous, secure, and timely responses. "Phone tag" is eliminated. We are a one stop Women's Health Center.

### Care Philosophy:

Our staff offers timely, compassionate and personalized care. We strive to provide you with answers and options, as quickly as possible, and to assist you in understanding the personal solutions best suited to meeting your individual needs. We are one of only a very few West Coast practices to offer the convenience of advanced endoscopic procedures and aesthetic vaginal procedures in the office and without IVs. inside the office. This resource reflects our ambitious efforts to cater to your desires and diligently meet your personal needs.



## Office Photos



## Meet Our Staff

Dr. Red M. Alinsod  
Physician, Surgeon, Teacher, Photographer, Boss



He is the heart and soul and keeps us on our toes. Does he ever sleep? The patients love our office because of Dr. Alinsod and his vision. Patients have said that he has the best bedside manner they had ever encountered and the comfort level he provides is also second to none. He covers everything mentioned above and even answers his own email, sometimes a nice surprise to his patients. He is an educator, teaching patients and surgeons the world over about his expertise in pelvic reconstruction, vaginal rejuvenation and even medical photography.

Email: [red@urogyn.org](mailto:red@urogyn.org)

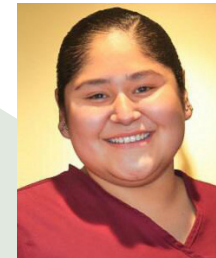
Marisol  
Medical Assistant



Marisol was born and raised in sunny Southern California. She joined the South Coast Urogynecology staff in 2012 and has been a wonderful edition to the team. She works meticulously with Dr. Alinsod, making sure all surgical needs are met in a timely, efficient, and caring manner. Above all else, her main priority is exceptional patient care. When she's not tending to patients, she enjoys spending time with her beautiful family.

Email: [marisol@urogyn.org](mailto:marisol@urogyn.org)

Cindy,  
Medical Assistant



I started working at South Coast Urogynecology in 2015. I was referred by Marisol, the other medical assistant who I've known for years. Working with ladies I love really creates a wonderful dynamic for the office and the patients. We strive in providing the best care for our patients.

Email: [cindy@urogyn.org](mailto:cindy@urogyn.org)





## Meet Our Staff

### Diane, Front Office Coordinator



I was born and raised in Southern California and have a beautiful daughter who is my best friend. I have worked in the medical field in different specialties for over 25 years and have always enjoyed

gynecology. Working for Dr. Alinsod has been challenging, rewarding, and a learning experience for me. I truly love coming to work every day and enjoy the interaction with our patients. My hobbies include walking, going to the beach, riding my bike and reading suspense novels. Spending time with my friends is also very important to me.

Email: [diane@urogyn.org](mailto:diane@urogyn.org)

### Samantha, Creative Director



Samantha is our creative wizard who designs the company's marketing materials, branding, and graphics. She also is the coordinator and video editor of Dr. Alinsod's surgical videos, part of

his online educational training program set to release in 2020. Samantha has earned her BFA in Advertising at the prestigious Art Center College of Design in Pasadena and has enjoyed learning, creating, and applying her extensive design knowledge with Dr. Alinsod's practice.

Email: [samantha@urogyn.org](mailto:samantha@urogyn.org)

### Eunice, Medical Biller



After all is said and done, Eunice works with the patient on their final step, insurance and patient payments. Not an easy task, Eunice has worked in medical

billing for over 20 years. She reviews the patient's explanation of benefits and makes sure all appointments and procedures are billed correctly and in a timely manner. She certainly cracks the proverbial whip when it comes to correctly inputting patient data and marking all appropriate procedure codes.

Email: [info@urogyn.org](mailto:info@urogyn.org),



## Medical Treatments



## Specialty Descriptions for SCU

### Gynecology

We excel in the diagnosis and treatment of all gynecologic conditions ranging from pelvic pain, abnormal bleeding, fibroids, and infections. Endometrial resection and ablation are just some of the advanced skills offered. We also have the most up-to-date diagnostic equipment available.

### Urogynecology & Reconstructive Pelvic Surgery

We specialize in diagnosis and treatment of incontinence and pelvic organ prolapse. State-of-the-art minimally invasive treatments are our forte. We have some of the most extensive and successful experience on the use of tissue and mesh in vaginal reconstruction. We also have helped pioneer the use of transobturator slings and Posterior IVS vaginal suspension surgeries on the West Coast. Renowned surgeons from all areas of the country have flown in and have been trained by Dr. Alinsod in modern reconstructive pelvic surgery.

### Aesthetic Vaginal Surgery

Highly specialized surgery is available to restore and enhance the appearance of the vaginal area. This is frequently referred to as "Vaginal Rejuvenation" and "Aesthetic Vaginal Surgery." Lasers are used to incise and resurface the skin and to tighten and restore the youthful appearance and function of the vulvar and vaginal area. 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 vaginal surgery.

### Aesthetic Laser Center

Available to you at our Laguna Laser Center is a complete array of light based and radio frequency therapies to improve the look, feel, and touch of your skin. The safest, most comfortable lasers and Intense Pulsed Light (IPL) systems as well as the most effective radiofrequency devices on the market are up and running and giving amazing results to our patients.

We have Fractional Erbium lasers of the highest order for that gentle lunch time peel to the most aggressive deep resurfacing for acne scars, and wrinkles. We are a Center of Excellence for deep Radio Frequency Skin Tightening for loose and saggy skin, wrinkles, stretch marks. Dr. Alinsod is the first surgeon able to incorporate these technologies into his aesthetic vaginal surgeries to give that smooth and natural look.





## What is Vaginal Restoration?

One of the fastest growing segments of cosmetic surgery is female genital surgery. Many phrases are used to describe what is surgically done and the catch-all phrase lay people have seen with increasing regularity is “vaginal rejuvenation.”

The branded name “Laser Vaginal Rejuvenation” has even gained national attention in print and television. In reality, vaginal rejuvenation is a marketing term referring to vaginoplasty, or the surgical tightening of the vagina. Vaginoplasty usually entails a modification of a standard “posterior repair” along with rebuilding of the perineum (the space between the vagina and rectum). This procedure was traditionally performed for a fallen or prolapsed rectum or rectocele. Lasers, scissors, cautery units, knives are used. Another surgery rapidly gaining social acceptance and widespread growth is labiaplasty. This is when the labia minora (the “minor lips”) or the labia majora (the larger outer lips) are sculpted to look more pleasing and less prominent. Labiaplasty and vaginoplasty have been referred to as a vaginal face-lift. Gynecologists on an occasional basis have performed these procedures for years with plastic surgeons recently showing interest in this rapidly growing ultra-sub-specialty. In recent years reconstructive pelvic surgeons and urogynecologist, with specific training in pelvic and vaginal surgery, have popularized these aesthetic genital procedures and have helped provide it with legitimacy. It was only several years ago when cosmetic vaginal surgery was attacked vigorously by many medical practitioners as barbaric, unnecessary, and frivolous. However, baby boomers drove the

acceptance of these procedures and fueled the growth of this very small niche. Women no longer wanted to live with unflattering, sagging, and large labias, nor did they want to live with gaping open vaginas and lack of sensation when having sexual relations. Both young women wanting a sleeker appearance of their genitals and older women wanting to repair the ravages of childbirth and time are in the forefront of demand to look and feel young again. Southern California, where many trends start, became the birthplace of this movement.

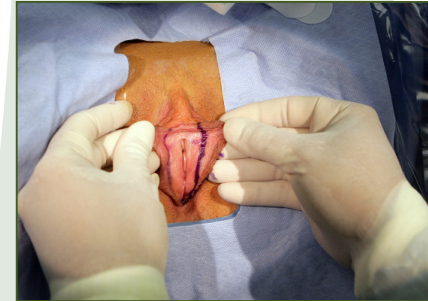
There are only a handful of surgeons who perform these surgeries in adequate volumes to be proficient and adept. Technical skill is of paramount importance for the surgeon but having an artist’s eye is of equal value.

### What is the difference between Labiaplasty and Vaginoplasty?

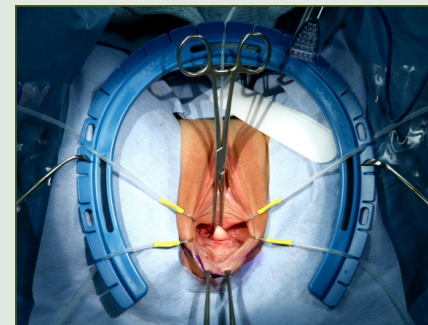
Many people ask me this very question. It is probably one of the most common ones I answer on a daily basis. Even established doctors have a hard time differentiating between the two surgeries. It is actually quite simple if you think of what you see and what you don’t see.

First, what you see in a woman’s pelvic area is called the “vulva.” This includes the clitoris, inner smaller lips (labia minora), larger outer lips (labia majora), and the perineum (space between the vaginal opening and the anus. Some even include the anal area, inner thighs, and the fat pad above the pubic bone as part of the vulva since it is visible. Remember, this is the stuff you can see with your own eyes without the aid of retractors, microscopes, or other devices. This is the area where labiaplasty surgery is done. Specifically, labiaplasty usually involves the

surgical trimming, reduction, or re-sculpting of the inner smaller lips. However, it can also refer to the surgical procedure to reduce the saggy skin of the larger outer lips. Together, the inner and outer lips are called the labia, hence labiaplasty. One more thing, if you have a flap of excess skin on the sides of your clitoris that is large and floppy, pulls, or is constantly irritated then a clitoral hood reduction (also called prepuce reduction) is often done as part of the labiaplasty surgery.



Labiaplasty is surgery on the “outside” structures for labial sculpturing.



Vaginoplasty is surgery on the “inside” structures for tightening.

Next, what you don’t see is the inside of the vagina. This is the canal where tampons are placed, where babies pass through, where vibrators are placed internally. This is the inside of the vagina that is stretched over ten times its normal size when a child is born through the



## What is Vaginal Restoration (Cont.)?

vagina. Even with a C-Section this inside space of the vagina can be severely stretched. When this happens, the walls of the vagina become loose and saggy on the inside, the part you don't see. This is the area where vaginoplasty surgery is done. Specifically, vaginoplasty usually involves the surgical tightening of the unseen inside of the vagina to narrow its size by both suturing together inner deeper tissues and trimming more inner superficial vaginal skin. When you have to do surgery on the space in between the vagina and the anus it is called a perineoplasty or perineorrhaphy. This is done if there is a bulging structure in this space or if a prior delivery messed up the appearance of this region. Prior tears or episiotomies are the most common cause of looseness in this entry point into the vagina.

One thing you should remember is the way most plastic surgeons do their vaginoplasty surgeries. During a plastic surgeon's residency program, and even in their fellowship programs, most will only get a couple of months of surgical time with the gynecology department. During these two months the plastic surgery resident typically assists the gynecology resident or fellow doing the vaginal surgery. The only other time most plastic surgeons get any vaginal surgery experience is during their two to three month rotations as medical students in the obstetric ward. During this time, they may get a few deliveries in which they repair superficial lacerations and tears in the perineum. It is rare that the plastic surgeon will be given the responsibility of repairing deep damage since the anatomy is difficult and rips into rectum, bowel, or bladder may occur during the repairs. In their gynecology rotations a medical student is never the primary surgeon doing deep pelvic repairs. As a plastic surgery resident or fellow

it is rare that they do the primary deep pelvic repairs since they have to battle with the gynecology resident or fellow for these precious learning experiences. This usually means that a plastic surgeon advertising that they do vaginoplasty is really doing a perineoplasty and only tightening the opening into the vagina and doing little to no tightening of the deeper inner canal. To be fair, most gynecologists have absolutely no training in cosmetic surgeries such as breast implants, tummy tucks, and Brazilian Butt Lifts. In fact only a very few actually do these cosmetic procedures. In almost all cases these skills were learned after graduating from their formal residencies and fellowships and were learned in seminars or as an "apprentice" to a plastic surgeon. Few gynecologists are formally trained to do labiaplasty surgeries and even fewer plastic surgeons have the training to do them safely.

### What is Micro Tumescent Vaginal Rejuvenation (MTVR)?

MTVR is the safest and most tailorable manner in which to perform aesthetic vaginal surgery. The original art of tumescent anesthesia involved placement of large volumes of local anesthetics under the skin to provide numbing before liposuction surgery. This volume infused distorted the anatomy. Our tried and true protocols, refined over a decade, have enabled us to perform labial and vaginal surgeries while you are comfortably awake, able to express your desires and preferences in appearance and fit, all without an I.V. having to be used. Very small volumes of local anesthetic, precisely placed in strategic locations, enable us to safely sculpt the labial appearance you want and the precise vaginal tightness you desire. For example, labial surgery averages only 4 to 7 cc of local anesthesia. Clitoral Hood Reduction a

miniscule 1 to 2 cc. Perineoplasty needs about 10 cc. Hence the term "Micro Tumescent." Vaginal Rejuvenation/Tightening requires 30 to 40 cc due to the depth of surgery and density of nerve supply in the deep pelvis. You are able to watch TV, listen to your iPod, read a magazine, or nap during the surgery then give your opinion on the surgery as it proceeds. With the patient's use of mirrors it allows real-time evaluation of the surgery and enables adjustments as you go. You cannot do this when you are asleep in a surgery center or operating room. You cannot do this with a spinal or epidural in almost all cases. MTVR avoids the risks of a general anesthesia, spinal, or epidural, and saves significant dollars in doing so. There are no anesthesiologists or surgery center bills if you choose to have Micro Tumescent Vaginal Rejuvenation with Dr. Alinsod.



Micro Tumescent Vaginal Rejuvenation uses very little local anesthesia and is the safest and least costly technique available.



## Frequently Asked Questions about Vaginal Surgery

### Why choose Dr. Alinsod to do my surgery?

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 little to 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 trained hundreds of surgeons in the art and science of Aesthetic Vaginal Surgery. He is the National Instructor in Aesthetic Vaginal Surgery for The American Academy of Cosmetic Gynecologists and gives talks, seminars, and workshops in this rapidly evolving subspecialty.

### What is Aesthetic Vaginal Surgery?

The term Aesthetic Vaginal Surgery is also known by other names such as Vaginal Rejuvenation, Laser Vaginal Rejuvenation, Labiaplasty, Vaginoplasty, Designer Laser Vaginoplasty, Perineoplasty, and Hymenoplasty. Aesthetic Vaginal Surgery is a broad term that includes the individual procedures. Since it is a rather new field dealing with the appearance and function of a woman's private parts the terminology has not been standardized. In simple terms, Aesthetic Vaginal Surgery and its many names deal with cosmetic surgery of the vulvar and vaginal region. It is cosmetic surgery of the "Private Parts."

### What causes labias to be so enlarged or asymmetric?

Genetics plays a key role and is probably the major determinant in how large and what shape your labia will be. Exposure to estrogen or testosterone can also be a significant factor. Don't forget that physical trauma (e.g. labial tear from childbirth or bicycle injury) occasionally plays a role in the appearance of the labia.

### What causes the vagina to be so cavernous at times?

The most likely culprit is childbirth. The passage of an average seven pound baby causes a great deal of muscle and tissue stretching that does not go back to its original tautness. Furthermore, vaginal lacerations, episiotomies, tears of the perineum and widen the vaginal opening and deeper canal even more. Other rare causes of vaginal laxity include a genetic predisposition to stretchy skin such as Marfan's Syndrome. Excess weight, chronic cough, chronic bronchitis can weaken the vaginal tissues and cause a downward and outward travel of the vaginal tissues.

### Why is vaginal correction important?

Surgery to improve the appearance and function of a woman's vaginal tissues is important for both personal esteem and physiologic function. Childbirth is often traumatic resulting in lacerations and healing process that is not personally satisfying. The use of forceps or vacuum assisted delivery and the increasing weight of babies today result in more prolapse of pelvic organs, more incontinence, and more looseness of vaginal tissues or unappealing appearance of labial tissue. Many who have finished their childbearing years are now concerned about

their personal appearance and are looking for ways to deal with this problem. Some feel that they have lost a great deal of sexual sensation due to looseness of the vagina. Vaginoplasty can increase friction during intercourse and can enhance intimacy.

### Who does Aesthetic Vaginal Surgery?

Gynecologists, urogynecologists, and a few plastic surgeons do most of these types of surgeries. Gynecologists are trained specifically in repair of fallen bladders and rectums, fallen uterus or vagina, and repairing tears in the vaginal region as part of their everyday work. Urogynecologists usually are highly sub-specialized and focus primarily on the worst incontinence and pelvic organ prolapses encountered. Plastic surgeons are generally trained in cosmetic surgery on men and women and very few are trained in vaginal surgery. Some plastic surgeons are highly trained in totally reconstructing new vaginas in transsexuals, transvestites, and pelvic cancer patients. With experience and training all specialties mentioned above can perform aesthetic vaginal surgery.

### Is the use of Lasers important?

The laser is an important surgical tool that has many advantages. Certain lasers are very precise and are used as scalpels. Some lasers are ablative (destructive) and used more to destroy abnormal tissue or to resurface the skin. Many dermatologist and plastic surgeons use this type of laser. However, there is no magic in the use of lasers. In fact, other modalities such as radiofrequency cautery units can give more precise cuts and less tissue destruction by a factor of ten or more. Other surgeons will avoid electrical units altogether and use highly precise



## Frequently Asked Questions about Vaginal Surgery (cont.)

scissors or scalpel units. Another way to look at lasers is to realize that it is a tool in the doctor's bag but that it is not ultimately any better than a cold knife. However, it is undeniable that using the term "laser" adds glamour and a sense of prestige to a procedure. Please see pages 8 and 9 of this Brochure for details.

### What is the procedure like?

Almost all of the cosmetic surgeries are outpatient. Labiaplasty and vaginoplasty cases are typically finished within an hour. If a repair of the bladder, rectum or bowel is needed then a 23 hour overnight stay may be needed. If a hysterectomy is needed then it is typical to stay one to two days. Placement of a sling to help with incontinence does not prolong the hospital stay. Many patients feel the pain involved is similar to the discomfort AFTER a baby has been born. They are somewhat sore but not in agony. Pain control is excellent in the large majority of cases.

### What and how are the actual procedures done?

Labiaplasty is the cosmetic reshaping of the inner folds of tissue, called the labia minora, or smaller inner lips of the vagina. Various instruments are used such as pinpoint cautery, Yag lasers, fine scissors, or a knife. The edges are then sewn together with delicate absorbable sutures. A vaginoplasty (commonly referred to as vaginal rejuvenation) is when a diamond shaped section of tissue is excised from the inside of the vagina and brought down to the outside of the vagina. Often times a small triangular area is also excised from the perineum (the area right below the vaginal opening). This is called a perineoplasty or perineorrhaphy. The size of the tissues removed

rarely are larger than a domino block. If needed, sutures that bundle loose muscles together are used to narrow the vaginal opening. At the very end of the procedure, a CO2 laser may be used to smooth out any skin irregularities and further tighten the vaginal opening. The laser provides for growth of new, softer, smoother, and tighter skin just as it would when used on a face.

### What does surgery actually do to me physically?

Surgery can trim excessively large labia minora, it can also reduce a labia majora. We can also trim the excess bulge of skin in the vagina and tighten the entrance to the vagina. We can make the whole vagina tighter by excising this loose vaginal skin and reapproximating the stretched tissues from vaginal births. Surgery alone will not improve the tone of your vaginal muscles. You need pelvic floor exercising for that similar to Kegel's exercises. Surgery can also add support to your fallen bladder, rectum, bowel, or vagina. We often use a mesh made of polypropylene, or skin tissue from a donor, or tissue from a pig or cow to act like a patch for the herniation of organs into and out of the vagina. This is a highly specialized skill very few surgeons perform. Again, in some instances lasers are used to smoothen out wrinkled vaginal skin to make it new and young looking again. Many women tell us that they are happy to be able to wear jeans, bathing suits, and form-fitting outfits again because the rubbing and irritation have disappeared. Women can also regain the confidence in appearance that enable them to wear leotards, bikinis, and tighter clothing.

### Where is the procedure done?

The procedure is usually done in the office procedure room. Surgery can also be done in the surgery center or operating room with additional charges involved. If a simple labiaplasty or vaginoplasty is performed then the option of performing the surgery in the office under local anesthesia and oral and injectable medication can be considered. We tailor the surgery to the patient's projected pain tolerance, anxiety level, and health status.





## Frequently Asked Questions about Vaginal Surgery (cont.)

### What type of anesthesia is used?

You can have a short nap or be fully awake. General anesthesia is the most common anesthetic used because of the patient's desire not to know or feel anything. Then there is the spinal or epidural anesthetic that allows you to be awake. This is ideal for those who have a fear of going to sleep or have other major medical problems. Sedation and use of local anesthetics is the least invasive of anesthetic options. This is our practice preference. Many choose this so that recovery is almost immediate and the down time is minimal. If the case involves bladder, rectum, or bowel repair or if a hysterectomy is performed then general anesthesia is the standard.

### What are the logistics involved?

A patient interested in aesthetic vaginal surgery usually calls or emails us to set up an initial appointment for evaluation. If at the time of evaluation the patient and physician agree that surgery is the correct choice then a surgical date is finalized. If the individual is an established patient then I will usually see her within a week of surgery to perform a pre-op evaluation. They may also have this pre-op evaluation with their primary care physician for surgical clearance. This is where blood work, X-rays, EKGs are done if needed. The majority of the time a simple blood count and pregnancy test are all that is needed.

For women who are from outside the area and

choose to fly in, we recommend using John Wayne International Airport. It is about 30 minutes away from beautiful Laguna Beach where our office is located. One trip to Southern California is all that is needed. We can arrange the initial examination to be the day before planned surgery, do the surgery the next day, and go home the day after in most cases. We want to evaluate your tolerance and response to surgery before you fly off for home.



## Frequently Asked Questions about Vaginal Surgery (cont.)

### What are the advantages of having surgery in Laguna Beach?

We have some of the finest resort lodging available in California. The Monarch Beach Resort and Montage Resorts are within minutes of our office. You can choose to have your recovery at one of these world-class resorts with a home health nurse visiting you or even staying in an adjoining room for total care. Of course you can also stay in the hospital for about the same room rates as these hotels. Believe or not, the views from the hospital rooms compete very well with the resorts!

### What are the advantages of having surgery by Dr. Alinsod?

Dr. Alinsod has performed beautiful aesthetic vaginal surgery for thousands of women over the past 18 years. He has concentrated his skills in the art of aesthetically pleasing vaginal repairs and has taught hundreds of gynecologists, urogynecologist, and urologists. Fellow physicians, physician wives, nurses, operating room technicians have sought out Dr. Alinsod to perform their surgeries. Furthermore, Dr. Alinsod is always in the forefront of his field and travels extensively to meet and discuss with other prominent surgeons what is new and better for the patient. Dr. Alinsod truly cares for his patients and it is this commitment to service that drives his entire team. Dr. Alinsod is the Principal Instructor in Aesthetic Vaginal Surgery for the American Academy of Cosmetic Gynecologists.

### How do I get a consultation scheduled?

Call us at 877-4-UROGYN or 949-499-5311. We have office hours to meet your needs ranging from early 8 AM appointments to 3:30 PM appointments in Laguna Beach.

### I live far away. Can I get an Internet consultation?

Yes. For the price of a co-pay, you can have Dr. Alinsod respond to your questions in a personal and secure manner via his On-Line Consultations at [www.urogyn.org](http://www.urogyn.org). He answers his emails usually on the same day. You can also send unsecured email for general questions that are not patient specific. We do this to protect an individual's privacy.

### What are the risks of surgery?

Anesthesia is a risk factor because of the very rare possibility of a reaction to either the injected medication or inhaled agents. High temperatures and fevers from "Malignant Hypertension" can occur. I have personally never seen this in 19 years of clinical practice. You can also aspirate food or fluid that can obstruct your breathing tube or even cause a pneumonia. There is risk of infection of the surgical site, there is a possibility of bleeding and hemorrhage and a need to have a transfusion. With transfusions there is risk of HIV, Hepatitis, and perhaps other unknown viruses. There is even the risk of death. If tissue or mesh augmentation is needed then there is the risk of rejection of these grafts. Again, these complications are exceptionally rare and the huge majority of cases go quite smoothly. A risk you should also consider is one similar to "buyer's

remorse" when one is not fully happy with the result of surgery. Perfect symmetry is impossible to achieve and the exact look you want may be unattainable. The risk of having the surgery redone or amended is present but fortunately is very rare. We will fully review the risks of surgery before the case is even scheduled and give you every opportunity to have your questions answered.

### What restrictions do I have after surgery?

We advise "Pelvic Rest" for six to eight weeks. This means nothing goes inside the vagina, such as tampons or vibrators, and no sexual intercourse for that length of time. The only thing allowed in the vagina is the applicator full of estrogen cream we give you to aid in the healing process. We also recommend loose clothing and no tight underwear, thongs, or jeans that may cause rubbing and discomfort. We advise against lifting of objects or activities that can cause you to strain or bear down. We do not want tension on our suture line nor do we want to stretch tissues we have just tightened. Basically, treat yourself like a princess during this healing phase.





## Frequently Asked Questions about Vaginal Surgery (cont.)

### How soon can I go back to work?

If you had a labiaplasty or vaginoplasty you can return to work or normal activity within 1-4 days. If you had both a labiaplasty and vaginoplasty then it may take you a whole week before you feel comfortable to go back to work. Much depends on the type of work you do. For example, a woman who has a desk job will return to work sooner than one who has to walk or run and carry objects from place to place. We will need to individualize your return to work date. In any event, you are usually healed by six weeks although complete healing takes up to three months.

### When can I resume sexual activities after surgery?

We recommend that you wait at least six weeks before resuming sexual intercourse. If you had a vaginoplasty it is also recommended that some softening exercises of the surgical site start at six weeks to soften any scarring that may occur and to make the sexual experience more comfortable after surgery. Softening exercises take two to four weeks. This stretching exercise is not needed if you had a labiaplasty alone.

### Can you talk about how surgery will affect my sex life?

There are many sites on the Internet that address the topic of sexual gratification and surgeries that may enhance this experience. In summary, there is an opinion that aging and the trauma of childbirth results in looseness of vaginal tissue, weakening of vaginal muscles, and resultant decrease in friction, hence, decreased sexual gratification for both men

and women. Unfortunately, this topic is much more complex than simply tightening a vagina to increase frictional forces for both sexes. Surgery can indeed result in tightening of the vagina but there is no guarantee that your sex life will be better or that your orgasms will be more pronounced. You must weigh carefully the claims of an improved sexual experience. Sexual response is multifactorial and it is often the case that a person's personal relationship with his or her partner is the primary determining factor in the happiness of an intimate relationship. Surgery is no panacea but it certainly can improve appearances and increase friction involved. A positive body image is priceless. One more thing, surgery does not affect a woman's ability to become aroused or her ability to become moist prior to having intercourse.

### Will my partner feel any changes when we have sex?

If you had a labiaplasty there will probably be a dramatic decrease in the interference of tissue that will be felt by both you and your partner. The same goes for vaginoplasty or vaginal rejuvenation since frictional forces are increased. You may need to perform some stretching exercises of your vagina after surgery to allow comfortable intercourse. This is even more important if your partner is large in size.

### Can I combine the vaginal surgeries with other surgeries?

Yes. We do "North-South Face Lifts" quite often. We have an excellent and highly respected Aesthetic Plastic Surgeon, Dr. Dan Mills, who is able to perform anything from liposuction, tummy tucks, to breast implants or facial

reconstruction. He welcomes your inquiries. Please visit his website at [www.danmillsmd.com](http://www.danmillsmd.com) or call him at 949-499-2800.

Other well respected plastic surgeons Dr. Alinsod works with include Daniel Kim, M.D. ([http://www.psaoc.com/dr\\_kim.cfm](http://www.psaoc.com/dr_kim.cfm)), Robert Kachenmeister, M.D. ([http://www.psaoc.com/dr\\_kachenmeister.cfm](http://www.psaoc.com/dr_kachenmeister.cfm)), and Daniel Mills <https://www.danmillsmd.com>

### What other services are offered in Dr. Alinsod's practice?

The Women's Health Center specializes in total care for women. It is more than a Med Spa, more than a plain Laser Center. It is more than a cosmetic dermatology practice and more than a plastic surgery laser service. Nowhere else can you come in for your annual physical examination, Pap smear, mammogram, birth control, hormone check, vaginal rejuvenation, Botox/Fillers, and total laser skin care. Availability to you 24 hours a day, 7 days a week, by phone and by email, at your fingertips, direct to a doctor, to provide answers to your questions and care for your feminine needs. We are the new model for Women's Healthcare Services.

The Laguna Laser Center is available to you now. It provides a broad array of light based therapies to improve the look, feel, and touch of your skin. We also offer a tattoo removal service. The safest, most comfortable lasers and Intense Pulsed Light (IPL) systems on the market are up and running and giving amazing results. The newest Palomar Starlux system, the most powerful of all aesthetic laser/IPL machines available, has become the standard by which all others



## Frequently Asked Questions about Vaginal Surgery

compare to. With the addition of Southern Orange County's top medical aesthetician and Clinical Nutritionist to our team you now have choices and solutions in total aesthetic skin care. Whether it is an intensive six-month series of skin therapies or a single lunchtime peel the Laguna Laser Center will be here for you at your convenience. Dr. Alinsod and South Coast Urogynecology will continue to bring integrated and comprehensive services to Orange County. From annual exams and bio-identical hormones, to complex gynecologic problems, from skin rejuvenation to vaginal rejuvenation, you are covered.

### Does insurance cover the surgeries?

Aesthetic Vaginal Surgery is not covered by most health plans since it is cosmetic in nature. However, if you have a fallen bladder, fallen rectum, fallen vagina or uterus, or incontinence, then those surgeries are generally covered if you are symptomatic enough to desire surgery.

### How much does it cost for an initial consultation?

There is a consultation fee but it is deducted from the cost of surgery. During this initial consultation we will discuss the risks/benefits/ options of surgery, do a private examination, discuss costs, and give you every chance to ask questions that are vital to you. On-Line Consultation is also available at a very modest cost of a co-pay. Find this link at the left hand side of the web page or at the top of the Aesthetic Vaginal Surgery site. I personally answer the emails with the goal of a 24 to 28 hour turnaround.

### How much does surgery itself cost?

Repair of a fallen bladder/rectum/vagina/or uterus is usually covered by your insurance. Incontinence surgery is also covered by your insurance. The prices quoted do not include anesthesia or facility fees nor do they include the hotel costs. We are able to do labiaplasty in our office under local anesthesia and the facility fee is very low. This can save you a great deal of money.

### I cannot afford this right now. Do you have financing?

Yes we do. We have very competitive rates provided by CosmeticSurgeryFinancing.com and Cosmeticcredit. You can even apply online. On special occasions, such as training days for surgeons. Dr. Alinsod is able to give a discount on surgery costs if you are willing to participate in his teaching programs.

Additional information:

<http://urogyn.org/survey.pdf>

<http://www.makemeheal.com/answers/viewExpert.do?username=redalinsod>

<http://www.realpatientratings.com/Red-Alinsod/>

<https://www.realself.com/find/California/Laguna-Beach/OB-GYN/Red-Alinsod>



# ThermiVa: Non-Surgical Vaginal Tightening



## Vaginal And Labial Looseness After Babies

For those with labial and vaginal looseness or unsatisfying gaping appearance we now have Dr. Alinsod's invention, called ThermiVa. This is a device that tightens the labia and vagina without surgery.

Thermi Aesthetics received approval to initiate an Investigational Review Board (IRB) study assessing the potential benefit of Temperature Controlled Radiofrequency for the Treatment of Vulvovaginal Laxity. It specifically investigates the non-surgical approach to vulvar and vaginal tightening as well as evaluate effects on incontinence, vaginal dryness, and orgasmic response. The study will be lead by Red Alinsod, MD, FACOG, FACS, ACGE, and Chairman of the ThermiAesthetics Women's Health Advisory Clinical Board.

The study will evaluate the clinical efficacy of Temperature Controlled Radiofrequency for the Treatment of Vulvovaginal Laxity. Up to 500 subjects will be recruited nationwide over the next 12 months to participate in this important study. All patients will be treated utilizing the ThermiVa Temperature Controlled Radiofrequency system and hand piece. Dr. Alinsod's office will be the primary center for treatments in the United States with several other sites scattered across the country. Treatments are warm and comfortable without the need for anesthesia. There is absolutely no downtime and effects can be immediate with improvement seen over three months.

Damage from vaginal birth and aging can diminish sensation during intercourse, reduce sexual satisfaction, and change the relationship between partners. Radiofrequency heat has become a standard for promoting collagen remodeling and healing, which helps strengthen the structural support columns for the skin, improving the integrity & tightness of the skin. ThermiVa has mastered the delivery of controlled-heating in these intimate regions. Primary endpoints of

the study include evaluation of non-surgical vulvar and vaginal tightening effects as it relates to sexual satisfaction. Secondary endpoints will look at the remarkable ability of radiofrequency to improve skin texture and tone to reduce urinary urgency and leakage, change vulvovaginal tissues to reverse the effects of atrophic vaginitis, and lastly, RF's effects on nerves responsible for normal sexual response and orgasms. For a limited time during the study process the three treatments are being offered for \$1,500, or \$500 per treatment. This is less than one third the standard costs. You must meet qualifying criteria.

Surgical vaginal rejuvenation and labiaplasty done in the office are also available from Dr. Alinsod.



For more information on ThermiVa please go to [www.thermiva.org](http://www.thermiva.org) or call 949-499-5311 and speak with Diane.



## ThermiVa: Non-Surgical Vaginal Tightening

### What Is Thermiva?

ThermiVa is an in-office, non surgical procedure for labia and vaginal tightening. A radio frequency generator, made by Thermi Aesthetics powers an "S" shaped hand piece that tightens external and internal vulvovaginal tissue via a thermistor top which is able to control heat delivered. The top has gentle curves that provide comfort.

### Is It Safe?

ThermiVa and ThermiSmooth Treatments have been very very safe with no known serious side effects found. There is a potential for blister and burns but none have been found in our clinical trials. The ability for treatment tips to have Thermistor tips able to monitor skin temperatures real-time make the procedure both comfortable and exceptionally safe.

### How Many Treatments Will I Need?

Results are seen after only 1 treatment but there is more improvement when a series of 3 are completed. Each treatment is spaced at 4-6 weeks apart.

### How Long Will Each Treatment Last?

ThermiVa for the labial tightening takes about 10-15 minutes to complete while ThermiVa for vaginal tightening takes 15-25 minutes. Treating both the labia major and vaginal canal averages about 25-30 minutes.

### How Long Will The Results Last?

Durable results continue for an average of 9-12 months with tightness lasting up to 15 months. Once to twice yearly maintenance treatments are recommended. After the initial series of 3 treatments I recommend touch ups 6-12 months after the last treatment.

### When Will I See Results?

Softening and smoothing results on the labia major can be felt at about two weeks out. Tightening effects on the labia majora can be seen immediately after ThermiVa treatment #1 with progressive tightening over the next month. Maximum tightening effects are seen about a month after treatment. #3. The vaginal tissues respond even better than face or neck skin due to its higher moisture content and more dramatic mucosal effects.



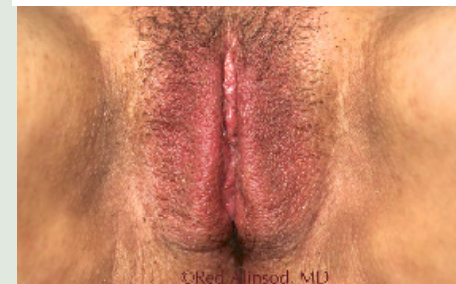
BEFORE



AFTER



BEFORE



AFTER





## ThermiVa: Non-Surgical Vaginal Tightening





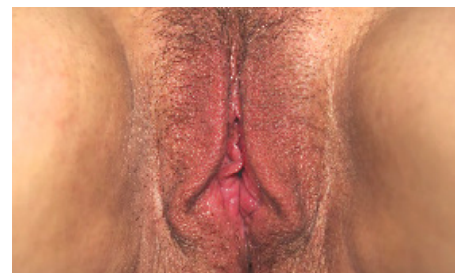
## Before and After ThermiVa: Non-Surgical Vaginal Tightening



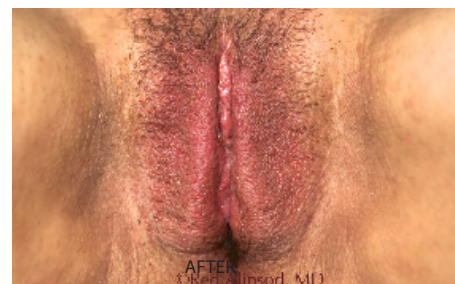
BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



#1 Before ThermiVa #1 10/7/14



#4 Immediately After ThermiVa #2 11/4/14



## ThermiVa: Patient Testimonials, Patient #1

Dear Dr. Alinsod,

I am a 53 year old woman who has had two children. My labia had become loose and a bit saggy and no matter how many Kegels I did, my vagina felt large and loose. Sex was ok, but I had lost some confidence in myself and ability to please my partner. I didn't really know what to think about "the procedure performed", but there was no down side to it. There was no pain during or after, no burning, no discharge, no mess. After the first treatment in a series of three, I was surprised that my labia seemed closer to my body and there also was some vaginal tightening.

It was after the second treatment that I noticed a significant difference. My labia were fuller and softer and my vagina was noticeably tighter. Sex was very good. I had not told my partner that I was having the procedure. He is ten years older than me and has difficulty ejaculating during intercourse. So I was surprised when my new tightness created enough friction for him to alleviate that issue. Sex became better for both of us I could feel him more and sex was more pleasurable for both of us.

I did not think things could get tighter or sex better, until after the third treatment. But they did and I am so thankful to Dr. Alinsod for recommending this procedure to me. I feel better about myself, more youthful and sexier. My partner is a happy man and our sex life, which was good, is now better than ever.

Thank you again Dr. Alinsod

A Very Happy Wife



## ThermiVa: Patient Testimonials, Patient #2

Dear Dr. Alinsod,

Now that I have completed all my treatments I wanted to give you my impression on ThermiVa. The treatments have really been wonderful and quite easy. I had no blisters, no burns, no discharge, and not a single complication. I had sex the same day of my treatments and I went to my gym immediately and it's as if no procedure had been done. It's crazy! Your design for ThermiVa handle so comfortable and very slim that I barely felt it being inserted and I felt just gentle pressure. All I felt was pleasing warmth on my labia and my vagina. It really helped that you were gentle and slow and did not rush. Putting a tampon inside is probably more uncomfortable than using your device. Your device was smooth and rounded and not scary at all.

So Dr. Alinsod, let me summarize how I felt immediately after your treatments and how it is now that I am months done. The first treatment definitely got me tighter and my husband and I loved it. It wasn't immediate for me and it took me two weeks before I felt significantly tighter. I got tighter more after the second treatment and then even more after the third treatment. My husband said that my muscles felt stronger and that I had better grip and more noticeable friction. He loved the way the outside labia looked and he said it made a big difference visually. My husband said I look more youthful and pretty and appealing. Men are so visual. Appearance and comfort was so much better in both our eyes. Now I can wear my tighter clothing without the rubbing or at least not feeling irritated anymore. There was no difference in my vaginal

moisture or how I got wet but that had never been a problem for me. My orgasms come quicker now with the same intensity and there's been no change in the frequency of my orgasms. I'm not sure why my orgasms are better but perhaps it can be because of my improved appearance giving me more confidence and less self-consciousness worries. For sure I can feel my husband more and I'm definitely tighter.

I couldn't have multiple orgasms in the past now I'm able to have multiple orgasms for the first time in my life. I have more sensitivity. The strength of my orgasms are about the same as before but it feels better for some reason I can't really explain. Anyway this is probably the best lunchtime rejuvenation available out there! I'd pay for this procedure over and over and over!

I'm so glad you included me in your study. This is really going to help so many women around the world. I hope you get this out in the market soon and train doctors from all over the world.

With sincere thanks,

A Loving Wife and Mother



## ThermiVa: Patient Testimonials, Patient #3

Dear Dr. Alinsod,

You asked me to write about my experience so I hope you don't mind that I am writing you not a very formal letter. I think it's better if I write from my heart. Thanks so much for taking care of me this past year. It has really changed my life in so many different ways. You have been so kind and open with me. You understood my needs and insecurities as a dancer and adult entertainer. So you knew how important this whole ThermiVa treatment was for me.

When you first started ThermiVa early last year I noticed immediately how the texture and tightness of my labia majora improved. Super dramatic changes for sure which got rid of my camel toes. Gave me lots more confidence when I performed. On the inside I had more vaginal tightness and it just kept getting tighter. My boyfriend loved the way it looks and how I was suddenly able to have orgasms one right after another when in the past I had none before treatments. My two kids really messed up my vagina and I thought I would never have orgasms again! It had been over 5 years since I had one before you treated me. Now I have multiple orgasms and they are super intense since the treatments. They are the "good kind" of orgasms and they come within seconds of each other to about three minutes apart. At one time I had seven in a row, which was completely unbelievable. I used to have only orgasms with oral or manual stimulation but now I'm able to have orgasms with penetration. This is really important to me. When you first treated me I was a little bit worried that you got me too tight because I couldn't insert my vibrators anymore. But now I don't need them because I can have great sex with my boyfriend and have orgasms without the toys. I notice I am more aroused and more wet and don't need lubrication anymore. I don't know how ThermiVa has done this whether it helped heal some of my nerves or if it's all in my head because now I feel healthier and sexier. I know the radiofrequency has helped both the inside and outside my vagina.

Doesn't really matter if it is mental or physical healing with me, it helped!

You asked me also if there were any areas I thought it didn't help at all. Well, it didn't help me with my urination because I really had no problems with it before treatments. I don't leak when I cough or sneeze or jump around and exercise. I do have less feeling that I have to go all the time after the treatments. I don't know what that's about. One thing I did notice was that I had more control of my urine stream. My urination muscles are stronger and I can start and stop anytime I want now. Some other things I noticed where that my labia majora were softer and smoother but also more full feeling. I said earlier they feel more comfortable when I'm in tight clothes like jeans or bikinis.

So Dr. Alinsod, I will definitely be a regular customer coming to your office every six months. There is no way I want to lose what I have gained from your treatments. Have told all my close friends about you. Seeing you is so worth the drive.

A Happy Hot Mom from the Inland Empire



## ThermiVa: Patient Testimonials, Patient #4

Dear Dr. Alinsod,

I have now finished all three of the ThermiVa treatments and am still in awe of the results I have gotten. I can't believe all this has happened to me without the need for surgery and with treatments that were comfortable, felt actually good, and were totally relaxing. And having absolutely no downtime was great. I could have sex the same day as the treatment, had no blisters, burns, or complications.

I was pessimistic at first after Dr. Alinsod did my first ThermiVa treatment. It only took half an hour and I was relaxed during the treatment of both my labia majora and my outer and inner vagina. I noticed some tightness immediately on the majora but did not feel a huge change inside my vagina during the first two weeks. I thought I was the failure for his treatments. So many other women had amazing and lasting results and here I was thinking "Great, it would be me that does not respond!" Then 10 days after the first treatment my vagina got really really tight! Significantly tighter! I felt better muscular control and increased strength in my vagina and urinary muscles and my husband sure felt that benefit! He also liked the tightness and softness of my labia majora and the moist smoothness inside my vagina. One thing I really liked was that my labia majora did not sag anymore and I got rid of the "Camel Toes." Never thought that would happen without surgery.

I used to have this pain on the left side of my vagina, for decades in fact. It was always tender when hit. The wand that Dr. Alinsod used treated that area on the floor of my vagina, a very sore muscle probably, and now the muscle is not sore at all! There is no more pain, as if my muscles were healed. That sure makes a world of difference not and both Dr. Alinsod and I can't really explain how a painful and sore area of muscle is now non-painful and working more strongly and more coordinated. I know radiofrequency treatments are used for sore and damaged muscles for professional athletes and physical therapy offices so now I can relate to others who have had relief of muscle pain due to the

healing effects of radiofrequency. Dr. Alinsod told me that it does encourage new collagen to form does help with tissue healing. I am a prime example.

There is one other wonderful thing I have noticed that got better with each ThermiVa treatment and that is the control of my urine. Dr. Alinsod did not do the treatments on me for the control of urine but simply to tighten my labia and vagina. When I reported to him that I leaked less urine, in fact I don't leak at all now since after the first treatment, he told me that it was a pleasant result of tightening the "pubocervical fascia" that help with urine control and fallen bladders. I can hold my urine longer now, can produce a stronger squeeze to prevent accidents, and can make it to the bathroom in plenty of time.

Lastly, I also noticed that after treatment around my clitoral nerves and the supposed G-Spot, my orgasms are now easier to achieve. I can't have multiple orgasms and my orgasms are about the same intensity but now it does not take me all night to get there! What a wonderful thing! I did not even have many orgasms before treatment and now it seems like I can get one on any lovemaking with my husband. I enjoy the lovemaking between my husband and I more and the stress and anxiety of getting that orgasm is gone. It is just a pleasure now being with my husband. That is worth everything. ThermiVa has really been a blessing for us. I hope it becomes available to all my friends and family.

With hope and happiness,

Reborn in OC



# Thermi: Non-Invasive Body Contouring & Tightening





## Description of Thermi Procedures

### ThermiTight

#### Controlled Subdermal Tissue Heating

During the ThermiTight® application, a tiny probe is used to gently heat specific tissues to a physician selected therapeutic temperature. After the application, a gentle wrap is applied and you may resume normal activities the next day..

#### Areas ThermiTight treats:

- Neck
- Breasts
- Arms
- Abdomen
- Thighs/Knees

### ThermiSmooth (Body)

#### Temporary Reduction of Cellulite

ThermiSmooth® Body is performed by targeting the areas under the skin, providing a temporary reduction of cellulite. There are a series of applications over 6-8 weeks that are gentle, and patients often say it feels like receiving a warm massage. .

#### Areas ThermiSmooth Face treats:

- Chest • Breast • Arms
- Abdomen • Planks • Back
- Hips • Buttocks • Thighs
- Knees • Calves • Ankles

### ThermiSmooth (Face)

#### Controlled Non-Invasive Tissue Heating

ThermiSmooth® Face is performed using a specially designed temperature controlled hand piece. The hand piece gently heats the skin's surface using dermal heating.

#### Areas ThermiSmooth Face treats:

- Forehead
- Eyes
- Cheeks
- Mouth
- Neck

### Thermi250

#### Temperature Controlled Radiofrequency

Thermi250™ is a high powered, temperature controlled radiofrequency system emitting at 470 kHz, the most studied RF radiofrequency in aesthetic medicine. This platform is designed with a unique feature set and user-friendly graphic interface, which enables maximum versatility for targeting cellulite from eyes to thighs.





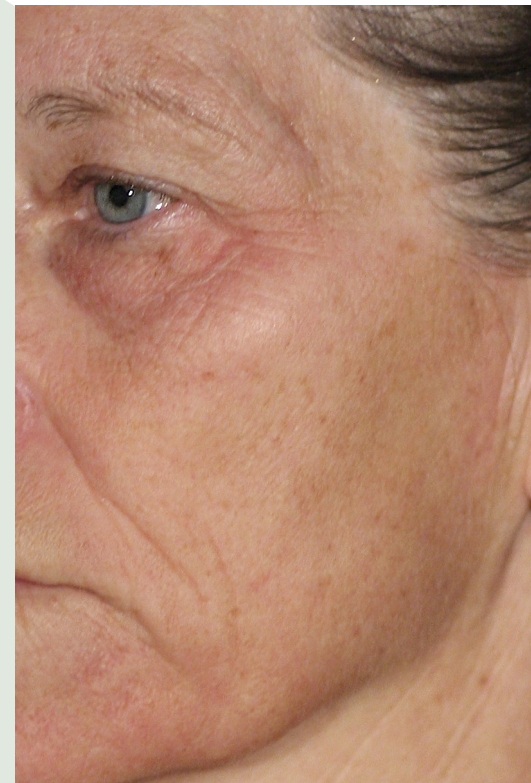
Before RF Treatment



After RF Treatment



Before RF Treatment



After RF Treatment



## Emsella Chair: Stress Incontinence and Overactive Bladder



## What is the Emsella Chair?



The Uro Chair is a revolutionary FDA approved, non-invasive and painless treatment for all types of urinary incontinence, pelvic floor prolapse and vaginal relaxation. The Uro Chair strengthens the pelvic floor muscles by focusing electromagnetic waves causing the muscles to contract and relax, exercising them in a similar way to Kegel exercises.



## Description of Surgical Procedures





## Vaginoplasty (vaginal rejuvenation)

As we get older our bodies get worn, torn, stretched and some of our youthful resilience is reduced. The same happens to the vaginal tissues and pelvic floor, especially after pregnancy and childbirth, menopause and aging, or simply from increased abdominal pressure from excess weight or weight bearing over time. 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 weakened and it loses the constricting effect during sexual intercourse. As a result you no longer have the ability to contract, squeeze and relax your vaginal muscles at will. The loose feeling that many women feel can be noticed even more by their male partner during sexual intercourse.

This aesthetic vaginal surgery aims to tighten lax muscles and tissues and remove excess vaginal skin to narrow the diameter of the vagina resulting in a smaller and tighter opening and vaginal canal. The tightening is done in the entire length of the vagina and not merely the opening few centimeters. Dr. Alinsod does full depth repairs unlike the superficial perineoplasty repairs done by most plastic surgeons and gynecologists. This can be done in the surgery center under general or spinal anesthesia or under local anesthetic with some sedation. However, Dr. Alinsod has refined the in-office vaginal rejuvenation surgery that does not require an IV and is done under mild sedation and local anesthesia. Dr. Alinsod uses

the Ellman Surgitron Radiofrequency device to make exceptionally precise and minimally traumatic incisions. This method is dramatically less destructive than the use of Yag lasers. It takes about 60 minutes to perform. Many advertise this procedure for the “Enhancement of Sexual Gratification” as well as a cosmetic procedure.



## Description of Surgical Procedures - Vaginoplasty

**Patient History:** The pictures below show a successful professional in her mid 50s who was recently divorced a year earlier. She had suffered traumatic childbirths with lacerations and torn episiotomy, had symptoms of incontinence and pelvic fullness and pressure, and a feeling of constant constipation. Bowel movements gave her a bulge she could both see and feel. She had to push on this bulge coming out of her vagina to complete the emptying of her bowels. Quite bothersome to this lady was the lack of sensation and a very loose feeling during intercourse. She could not feel her partner. Bladder studies showed her to have stress incontinence. She requested pelvic reconstruction and vaginoplasty. For more photos please visit <http://urogyn.org/galleryvaginoplasty.html>

**Surgery Performed:** Vaginoplasty, Perineoplasty, Transobturator Sling, Cystocele Repair, Rectocele Repair, Vaginal Vault Suspension, Rim Labiaplasty, Clitoral Hood Reduction

### Patient Testimonial:

Dear Dr. Alinsod,

I recently came to your office to have the "vaginoplasty" procedure performed. I spent years wondering if there was anything that could be done to tighten up my vaginal area. I asked my gynecologists for help, but was told there was no procedure to help me. I finally went online and did a search and your office was the first on the list.

From the very beginning I was so impressed, there were links for everything, there were clear explanations of procedures and of what to expect from each. There was even a place that I could ask confidential questions directly to you...of course I was sure that the answers would come from an assistant. Well, it was already about 8 pm, but I emailed my questions anyway, and by 7am

the answers to those questions were in my mailbox and they came directly from you. It made me feel important even though you had never met me. Satisfied with the answers, I call in to your office and spoke with Dianne, what a wonderful person, upbeat, open, detailed and wanting to make me feel at ease about the process. So, I get scheduled in for the assessment and procedure, that's when I met you.....What a kind and gentle man. You were able to immediately put me at ease, (as it's not the easiest think to discuss the procedure with a male stranger). You showed compassion and confidence. You quickly suggested a direction for the process. So then comes the procedure, your nurse Maria could not have been more attentive, every little step was explained and everything happened just as it was explained. I went home that same day and started my recovery and in wanting to get thru the healing as fast as I could, I rushed and

ended up injuring myself. When I called I expected that I would be yelled at for not following all the instructions to the letter, but that was not the case, as a matter of fact you and your staff, scheduled me in to the office for 7 am. the next morning, what Dr. does that? I am now healed, and feel so much better about myself and my boyfriend of over 8 years cannot believe the difference in our sexual intercourse. As a matter of fact it's made a huge difference for me as well. Thank you so much, not just for being a first class Physician with a first class office and great staff, but for providing an environment that feels warm and comfortable, a place to come for the most sensitive of procedures knowing that we will be respected and treated in a confidential and caring manner. Thank you ...I would recommend anyone even considering this procedure to speak with you and your staff, they won't want or need to go any further. Best of wishes for your continued success! Sara from Southern California



Before Surgery



Before surgery showing the cystocele and rectocele with significant vaginal looseness



Immediately after surgery



Two months after surgery



## Description of Surgical Procedures - Perineoplasty

### Perineoplasty (Perineorrhaphy)

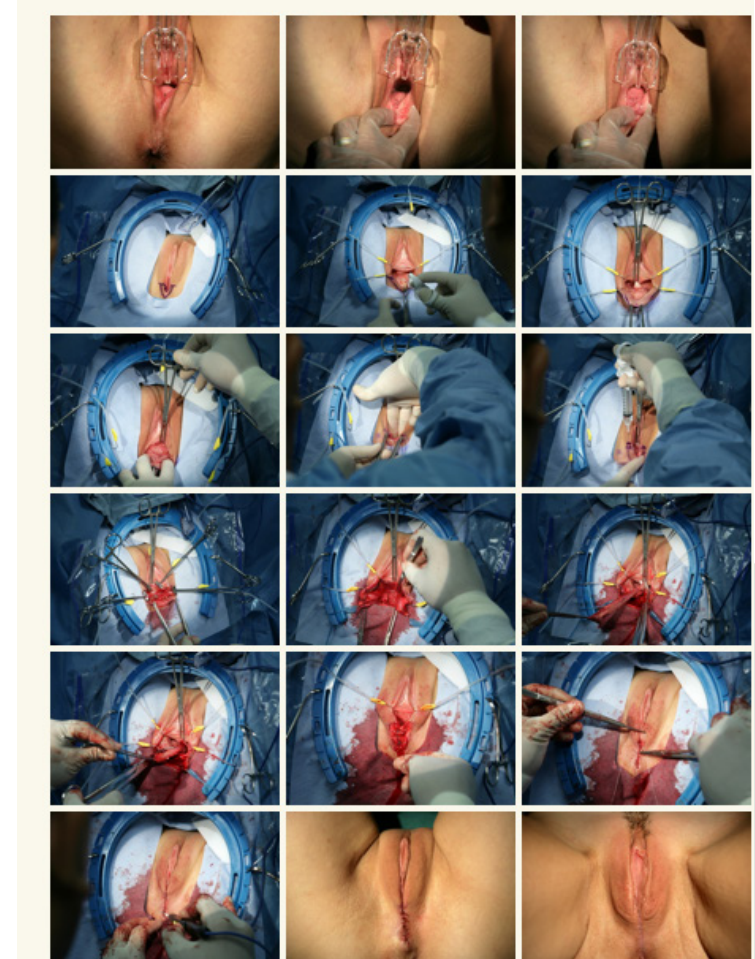
The visible area between the vagina and the rectum is called the perineum. This is the region where episiotomies are cut and where tears during childbirth are most common. Perineoplasty (or Perineorrhaphy) aims to make this region appear normal by excising excess skin, loose skin tags, and suturing the underlying muscles or the perineal body closer together to give a more snug feeling in the introitus or vaginal opening. Most plastic surgeons who perform vaginoplasty surgery are actually performing perineoplasty surgery, a more superficial procedure that does not tighten the entire depth of the vaginal canal. This procedure has been advertised by many to "Enhance Sexual Gratification." The procedure almost always accompanies vaginoplasty since you are working in the same area. This procedure takes 30 minutes to perform.

**Patient History:** This professional young woman in her mid 40s complained of vaginal laxity and pelvic pressure. Bowel movements were sometimes difficult. She had multiple vaginal deliveries with the usual episiotomies and tearing. She complained of bulging of her perineal body (the space between the vagina and the rectum) when having bowel movements and found that pushing on this bulge helped get the stools out.

### Surgery Performed: Posterior Compartment Repair, Vaginoplasty, Extensive Perineoplasty

Shown in the photographs are the steps performed in surgery. This surgery was done in our office under mild sedation, local anesthesia, and no IVs! You can see the vaginal mucosa at rest and with the patient pushing to illustrate the protruding rectocele. The perineum was rebuilt with multiple layers of sutures and the perineal bulging was eliminated. The entire length of the vaginal was also rebuilt by performing a vaginoplasty. The Post-Op pictures at the end of the series shows excellent healing just six weeks after surgery. The small scar will fade within weeks to months and a smooth perineum will be seen.

Many plastic surgeons and general gynecologist perform simple perineoplasty with excision of triangular pieces of vaginal and perineal skin and mistakenly label it as a vaginoplasty. What is shown here is a more extensive and definitive approach to the problem of vaginal looseness. Simply performing a perineoplasty will not give the vaginal tightness deeper into the vagina. Perineoplasty surgery does not go deep into the vagina but intends to repair the damage of childbirth right at the opening of the vagina.



### Outcome:

She had pain and pressure for the first two weeks of surgery that slowly resolved. Her bowel movements improved dramatically and no bulging of the perineum occurred. She started the vaginal softening exercises six weeks after surgery and resumed a normal and active lifestyle.





## Description of Surgical Procedures - Labia Minora Plasty

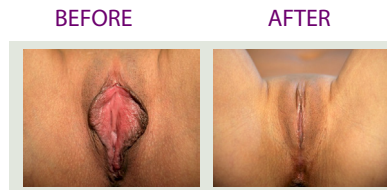
### Labia Minora Plasty

This surgery is for the removal of excess, floppy, or uneven labia minora (smaller interior vaginal lips) that often causes chronic irritation, rubbing, or discomfort during sexual intercourse. Many request this surgery to eliminate the appearance of a bulge with certain clothing such as wet swimsuits or leotards. The term "Labiaplasty" can also relate to the cosmetic surgery of the labia majora (larger outer lips) to make it less prominent and saggy. Labias can grow large with estrogen stimulation at puberty and pregnancy and with the effects of gravity with aging. Labiaplasty is done in the operating room and in the office under local anesthesia at dramatically decreased costs. The Ellman Surgitron is also the tool of choice. It is dramatically less destructive than lasers often advertised. This procedure takes 60 minutes to perform. [For cost of surgery click here.](#)

**Patient History:** This beautiful young mother of three had suffered from traumatic deliveries and tears insider her vagina and perineum. She was in her early thirties but felt looseness in her vagina canal from the large babies delivered. She also wanted to reduce the size of her labia minora to reduce the discomfort when wearing tighter clothing.

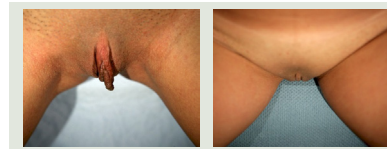
**Surgery Performed:** Labia Minora Plasty, Vaginoplasty, Perineoplasty

**Outcome:** Resumption of a normal active lifestyle at eight weeks post-op.



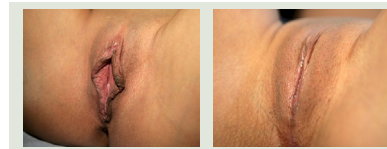
Lying BEFORE Surgery

Lying AFTER Surgery



Sitting BEFORE Surgery

Sitting AFTER Surgery



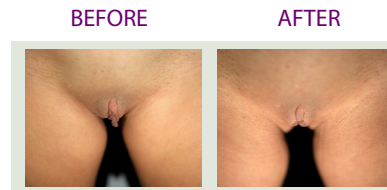
Side View BEFORE Surgery

Side View AFTER Surgery



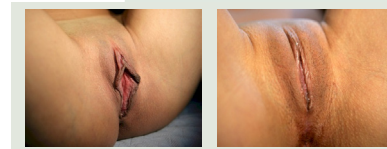
Rear View BEFORE Surgery

Rear View AFTER Surgery



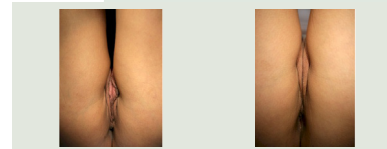
Standing BEFORE Surgery

Standing AFTER Surgery



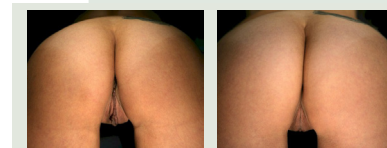
Side View BEFORE Surgery

Side View AFTER Surgery



Vertical View BEFORE Surgery

Vertical View AFTER Surgery



Rear View BEFORE Surgery

Rear View AFTER Surgery

### Patient Testimonial:

When I decided that labiaplasty was a procedure that I wished to pursue, I carefully researched the credentials of many physicians that offered this procedure and I quickly recognized that Dr. Alinsod was clearly highly and uniquely qualified (being both board certified in gynecology and trained in this type of an aesthetic procedure). I had the procedure in early January. Prior to the surgery I met with Dr. Alinsod and his extremely kind and professional staff. As soon as I met each of them and Dr. Alinsod, I realized that there was a sincere kindness and professionalism in how they treated their patients, and that I was in very good care. Even then, however, I did not realize how skilled my surgeon actually was. I have had many dental procedures that I only wish could have gone so well. Pain and swelling were minimal and medications that Dr. Alinsod prescribed for pain management were highly effective. My recovery was very quick. The improvement in appearance and comfort is striking. I am quite sure that no one (even another surgeon) would not be able to recognize that I had the procedure done, as there is no scar at all. I truly cannot thank Dr. Alinsod enough for the quality of surgery and care that I got. -- MB



## Description of Surgical Procedures - Labia Majora Plasty Cont.

### Labia Majora Plasty

The broader outer lips of the vulva can be enlarged with excess skin and tissue. This enlargement can cause an embarrassing bulge in pants, swimsuits, or leotard. It can also increase the discomfort of sweating in the vulva. The labia majora may be enlarged from birth, secondary to childbirth, or due to aging. Many women also find quite a large and droopy labia majora after major weight loss such as post bariatric surgery. Dr. Alinsod has refined his technique over the years to safely reduce the size of the labia majora by excising a crescent shaped portion of the inner portion of the labia majora. The scar is hidden in the crease between the inner and outer labia. Labiaplasty is done in the operating room and in the office under local anesthesia at dramatically decreased costs. This procedure takes 60 minutes to perform.

For cost of surgery [click here](#).

**Patient History:** After having several childbirths this lady in her mid-30s found looseness in her vagina and a loss of friction when having sex. She was also self-conscious of her vaginal appearance due to the sagging of her labia majora. She did not have incontinence or prolapse.

**Surgery Performed:** Labia Majora Plasty, Vaginoplasty, Perineoplasty

**Outcome:** Resumption of a normal active lifestyle at eight weeks post-op.



Before Surgery



After Surgery

### Patient Testimonial:

I finally did it!!! I had a vaginoplasty and labia majora plasty done--ten years after my youngest child was born, and after researching it extensively for 2 years. Now, four months later, I feel it's one of the best decisions I have ever made. The results are amazing! I gave birth to two children--both deliveries were very difficult. I'm an extremely petite, small boned woman and the delivery with my second child included 18 hours of labor and 3 hours of pushing.

After delivery, when my OB was stitching me up (for 2 hours) she said "Your poor, virgin vagina." She was right!! It never felt the same-- urinating, having bowel movements, and of course during sexual intercourse. The looseness was almost a numb feeling. I felt un-plumbed and looked loose

and crooked with the birth trauma and aging.

I met Dr. Red Alinsod after interviewing several other prominent doctors often seen on TV. Dr. Alinsod was very professional, understanding, and a gentle soul. He knew exactly how I felt and what I wanted to accomplish. His credentials as a vaginal surgeon was unmatched by his more famous TV doctors. He gave me the confidence to go forward with a procedure that I really needed. His recommendations were nothing more and nothing less than what I needed. Surgery went smoothly and everything turned out to be great!!! It's all back in working condition--all operations make me feel young again. I am very very happy with my decision and I feel every woman should be given this opportunity if she feels the need. I highly recommend Dr. Alinsod and am thankful I found him in. --LLW





## Description of Surgical Procedures - Clitoral Hood Reduction

### Clitoral Hood Reduction

Excess skin on the sides of the clitoris often causes the clitoris to look enlarged or uneven. Genetics, estrogen, and testosterone exposure can make significant changes in the way the clitoral area appears. A labiaplasty itself may result in the appearance of a relatively larger clitoral area since the excess labia have been removed drawing the eyes to the clitoral region. Dr. Alinsod offers an exceptionally precise surgery for women seeking to improve the aesthetic appearance of their genital area by excising the extra folds of skin lateral to the clitoris. The clitoris itself and its nerves are never touched. This is NOT clitoral mutilation or clitoral un-hooding. Clitoral Hood Reduction is done in the office under local anesthesia. The procedure takes 30 minutes to perform.

For cost of surgery [click here](#).

Surgery Performed: all the photos show labiaplasty WITH clitoral hood reduction.

Clitoral Hood Reduction and Hymenoplasty are best performed with the Ellman Surgitron. Because of its "cool" tip there is no damage to the clitoral nerves from stray energy. Because of its extremely small pinpoint tip there is precision. You cannot do this type of surgery with the current medical lasers available, including the 980 Diode.



### Patient Testimonial:

I would highly recommend Dr. Alinsod! He is incredibly detailed and it's obvious that he takes great pride in his work and loves what he does. His staff is fantastic, they always made sure I was comfortable and they were all very nice and answered all my questions with great detail. He's extremely personable and makes you feel at ease right away.... something most surgeons don't do. "I'm extremely happy with the outcome and I would recommend Dr. Alinsod without hesitation." - C



## Description of Surgical Procedures - Hymenoplasty

### Hymenoplasty

This surgery is the reconstruction of the hymen. Cultural, religious, or social reasons predominate when this surgery is contemplated. Hymenoplasty is performed to make the patient appear virginal. It works for women who have not had vaginal deliveries, and preferably, in those who have never been pregnant. We take advantage of the Ellman Surgitron to make extremely precise incisions into the vagina and remnants of the hymeneal ring to bring them into close approximation to allow delicate sutures to hold the tissues in place. Once healed, the act of sexual intercourse can result in bleeding when the hymen is torn or stretched. Hymenoplasty is done in the office under local anesthesia. This procedure takes 60 minutes to perform. For cost of surgery, [click here](#).

**Patient History:** This young lady, in her early 20s, flew in from out-of-state and requested a hymenoplasty surgery prior to her wedding in the Middle East. She was foreign born but American raised and had an arranged wedding scheduled in two months. She feared for her life because of the cultural need to show bleeding on a special sheet on her wedding night. Her husband-to-be was also from the same country and was raised a Muslim. If no bleeding occurred during intercourse she feared that a young and underaged male family member would kill her to maintain the family honor. She trembled in fear as she requested this potentially life-saving

procedure.

**Outcome:** The patient had a successful trip to the Middle East and enjoyed her wedding. She had painful intercourse on her wedding night but was ecstatic that she bled and was able to prove her virginity to her new husband and family.



Before hymenoplasty



During hymenoplasty



After hymenoplasty

### Patient Testimonial:

I am originally from the Middle East and in my mid-twenties. After my child was born, some things just weren't the same (ladies you know what I mean!). But of all the changes my body was going through, this was one that I couldn't stand. I eventually got the guts to say enough, and do something about it (after trying a billion Kegels with no results!) I had a consultation with Dr. Alinsod and shortly after I decided to go with the vaginoplasty, and perineoplasty. The first week after the procedure was tough, but then it just healed nicely and really changed my life! My partner feels a great difference and the procedure was definitely worth it for the both of us.

Dr. Alinsod is very professional and experienced and really did a wonderful job making me feel more like my pre-baby self again - EM, from Cairo



## The Process: What happens when you finally decide to have surgery

Once we have answered all your questions to your satisfaction and you have decided to proceed with aesthetic vaginal surgery we then try to make your experience as pleasant and stress-free as possible. We offer a concierge service that can take the worries off your shoulder. Please call us for details.

We will work with you to choose a time and date that is convenient once you have decided on surgery. You will then go to our website at [www.urogyn.org](http://www.urogyn.org), click on the "Office Information" tab, click on "Patient Forms" and download the History and Physical PDF file. Print this out and fill it out to the best of your abilities and fax it back to us. This will be our initial screen on your health. If you wish, we can fax this form to you. I will review your History and Physical and call you if I have any concerns. You will also download the files called "Essential Pre-Op Instructions" and "Post-Op Aesthetic Vaginal Surgery." These are very important files that detail your preparations prior to surgery and your instructions after surgery. It helps to review these so that there will be no surprises. If you have significant incontinence or pelvic organ prolapse then you will also need to download and fill out the files called "Pelvic Pain & Urinary Frequency Scale," "Quality of Life – Urinary Distress Inventory," and "Intake & Voiding Diary." Having these filled out and faxed to us ahead of

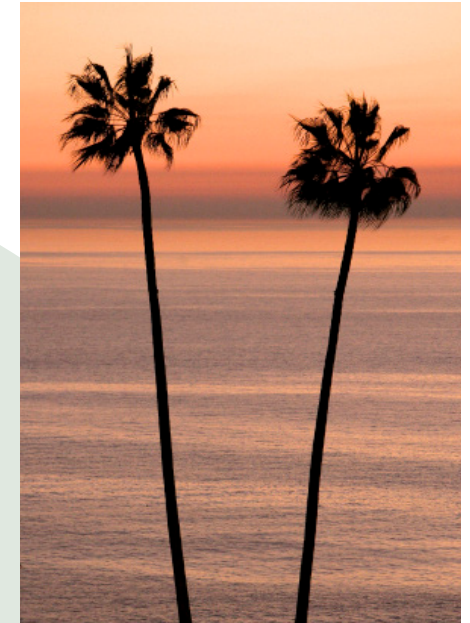
time makes your office experience even more streamlined and efficient. One more thing, if you have the capability of obtaining a digital photograph of your vulvar area you can send this to me securely and we can discuss by phone or email what it is you do not like and what it is you are aiming for in terms of appearance and function.

Prior to your departure to California you must ensure that you are not pregnant. Please check a pregnancy test before you fly. We will do one also in the office to confirm you are not pregnant. We cannot do your procedure if you are pregnant. You will fly into John Wayne International Airport and will travel to the office typically by taxi, shuttle, or limousine. We can arrange your transportation. We recommend coming into our office in the morning to meet Dr. Alinsod, review your history, perform a physical examination, and be evaluated for surgery. You can then specifically tell us your wishes and desires and expectations for surgery. You can bring in a photo to show us the appearance you are looking for. You can also tell us how tight a vagina you are wanting. After the examination, if you wish to proceed with surgery, this is when you will pay your fee. We accept cash, credit cards, and cashier's check. You will need to arrange for financing if you wish. We can help you with that. It is best to arrange for financing well ahead of time. We cannot perform

your surgery if financing has not been completed.

We then decide on a time for surgery in our office. We require that you eat a large meal prior to surgery. One hour prior to this time you will need to place an anesthetic cream on the surgical site (EMLA Cream) to start the anesthetic process. We will also give you an anti-anxiety medication and oral pain medication. About 15 to 30 minutes prior to surgical "cut time" we will give you an injection to ease your surgical discomfort. We will go ahead and take your "Before" pictures immediately before surgery. When we are satisfied with your level of comfort we will proceed with surgery. This is when you get your local injection of Marcaine and the actual surgery starts. We monitor your vital signs, ask you to tell us of your comfort level, and allow you to nap if you wish. Surgery takes 1-3 hours. We have soothing music for you to listen to and relax as we complete your surgery.

After surgery is finished you will go to our recovery room for approximately 30-60 minutes, or longer if necessary, to recover, relax some more, view beach scenes on the TV screen until you feel fit to go leave. We will check your vital signs several times during this time period. We will examine you one more time for bleeding and release you when appropriate. Your ride will take you home or to your hotel where you will be checked in expeditiously



The vibrant city of Laguna Beach is filled with stunning sunsets and that relaxed atmosphere Southern Orange County is known for. A small town with big time services and with all the privacy and discretion not found up the road in Newport Beach or Beverly Hills. This is Southern California's little secret hideaway for aesthetic vaginal surgery.





## The Process cont.

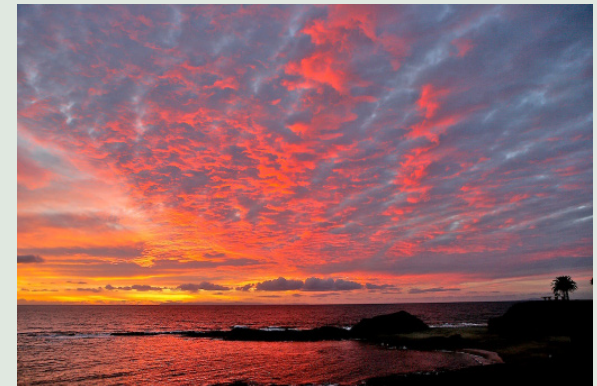
and with privacy. If you had requested it we will arrange for a home health specialist to visit you in your suite. If you had requested it we can even arrange for a nurse to stay in an adjoining suite ready to assist you in any way. You can have room service or visit one of the fantastic restaurants if you stay at Monarch Beach Resort and Spa. You can be pampered to your heart's desire at one of the five-star resorts or you can choose a less expensive hotel and let your partner pamper you! Be sure to have ice packs, Dermoplast Spray, your pain medication, antibiotics, estrogen cream, and any other medication already in hand BEFORE you go to the hotel since most hotels do not have a pharmacy. The most convenient thing to do for your prescriptions is to use the pharmacy on the first floor of our office and get your meds prior to surgery. We can even call in medications for you at the pharmacy of your choosing if you live in California. Now you can sleep. If needed, we will give you a sleep aid. You can use 50 mg of over-the-counter Benadryl to help you sleep if you have no contraindications.

The next day, you will most likely check out of the hotel and visit our office for an exam prior to your departure for home. If you have no bleeding, you have good pain control, no excessive puffiness, no signs of infection then you can even skip the appointment and just fly or drive home. Again, we can help arrange your transportation. We want you to keep in close contact with us during the first couple of weeks so we will either call or email you to check on your progress. Do not evaluate the results of your surgery at this time because you will often be disappointed. This is the time when bruising, puffiness, discomfort, discharge and bleeding occurs. Read the Post-Op Aesthetic Vaginal Surgery sheet again to evaluate whether

your symptoms are normal or not. Be sure to be compliant with "Pelvic Rest" in the first 6 – 8 weeks to ensure proper healing. Call or email us if you have any questions or concerns. A digital photograph may be helpful if you are able to send one securely. We usually answer our emails within a few minutes. Dr. Alinsod and staff are available 24/7.

Plan to see us 6 – 8 weeks after surgery to ensure that healing has been proper and complete. Now you can use a mirror and judge the results yourself. If you are happy and have no problems you will be released to resume normal activities including sexual intercourse. If needed, we will teach you how to perform vaginal stretching exercises to soften any scarring that may occur and to ensure an adequate sized vagina. Many who live far away will take the "After" pictures of their vulvar region and email it to me. It is important to me to receive these pictures to keep track of our cosmetic results and ensure a complete patient file. If you are happy with the results and have no other concerns then the follow-up visit is elective. We can do a phone or email follow-up. If the occasional minor revision is needed then we will do this in the office at a minimal fee. There is no charge for any of the postoperative appointments.

In closing, be sure to take your antibiotics and use your estrogen cream. We do not want any infections and we do want rapid healing with softened tissues and skin. Outstanding service and excellent results are our goals.



## Procedure Details for Labiaplasty in the Office

"How do you do a labiaplasty" is question I answer everyday. Although it is not rocket science it takes the precision of an engineer, the eye of an artist, and the hands of a drummer. The steps are simple but the execution of the steps can be daunting. If you are healthy, with no major medical problems, and do not have extreme anxiety, you can choose to have your procedure in our comfortable office. Let me give you an overview of the whole series of steps once you have decided on getting a labiaplasty in the office.

Before you came in for your surgery, my staff had already given you pre-op instructions days before. You would have known to eat a large meal prior to surgery. You would already have the anesthetic cream. You would already have picked up the pain pills, antibiotics, and estrogen cream from your pharmacy. You would have taken your first antibiotic pill the morning of your surgery. You would have placed the numbing cream over the labia and maybe into the vagina a bit. You would have covered the cream with Saran wrap and worn your panties or panty hose over the Saran wrap to prevent messiness and loss of anesthetic medication.

My staff will welcome you and bring you into your own private room where you can relax a bit away from the rest of the world. My medical assistants and nurses will make sure you have had all your questions answered and will ask you the basics such as what time did you eat last and are you pregnant? They will check your vital signs, make sure your bladder is empty, and check a pregnancy test. This is typically the time I come in and welcome you, explain the procedure

in detail, and go over the risks, benefits, and options one more time. Finally, you sign your consent once comfortable and knowledgeable that your questions are fully answered and that you indeed want to continue.

We then go to our photography room and take your "Before" pictures. We are fanatical about taking quality photographs for you. You will appreciate the efforts exerted in our quest for quality. Weeks later when you look at your own "After" pictures and compare the two you will understand our fanaticism. Usually we give you an oral anti-anxiety drug, like Ativan or Valium, right after your consent is signed. We also give you an oral nausea medication right at the beginning to fend off any nausea during the procedure. Next come a few injections in your upper arm or buttock to reduce the pain and the possible cramping or salivating. The pain medication we use can be Demerol, Morphine, Dilaudid, and Toradol. The medication preventing excess salivation is called Atropine. These injections also help keep you from feeling woozy or lightheaded. Notice we do not give you an I.V. at all. It is such a safe protocol I developed and modified over the past ten years.

After you receive all our shots you will go to the procedure room and lay in a comfortable bed. We put monitors on you and just watch you for several minutes to see how you react to the medications before we actually start doing surgery. This is probably the time you feel like you just had a couple of Margaritas or Martinis! "Comfortably Drunk" is what we call it. You are easily talking to me, responding to questions, watching FOX News on TV, listening

to your iPod, or even reading a magazine. If you are a "cheap date" and feeling tired and comfortable after one set of shots then we start with surgery. However, if you are fully awake and not showing any signs of being "Comfortably Drunk" we may choose to give you a second dose of narcotics. By the way, for those who do not like shots at all, we can give all but one of the medications orally. You have to plan a bit ahead because the oral meds take a bit longer to take effect.

Now is the time I place your legs in its proper position just like you were getting a Pap smear. I wipe off all the numbing cream and use my markers to draw and outline the surgical plan. Since your vulva is numb it usually feels a bit strange to see someone touching you but you can't feel it. We would have already talked about the look you want and how much or how little labia minor or majora to remove. You have a hand mirror during this process to help me define and draw out the plan of action. Next is the cleaning and prep work with betadine or chlorhexidine to sterilize the surgical field. Soon to follow is the covering blue drape that ensures a sterile field. You are now ready for the actual start.

This next step is the most uncomfortable but also the shortest and quickest. I have to place local anesthesia with a very small needle on the areas I am working on. Typically, this is the labia minora or majora, clitoral hood, and maybe the introitus (the very beginning lower region of the entry into the vagina). You are allowed to cuss and swear during this minute! Go ahead, I won't take it personal. If you are having a vaginoplasty also then I have to numb up the inside of your vagina.





## Procedure Details for Labiaplasty in the Office (cont.)

That is an extra thirty seconds. This is when I get compared to a dentist and my maternal heritage is put into question. I then check all areas to make sure you are completely numb. If you are not feeling anything sharp then we go to the next step.

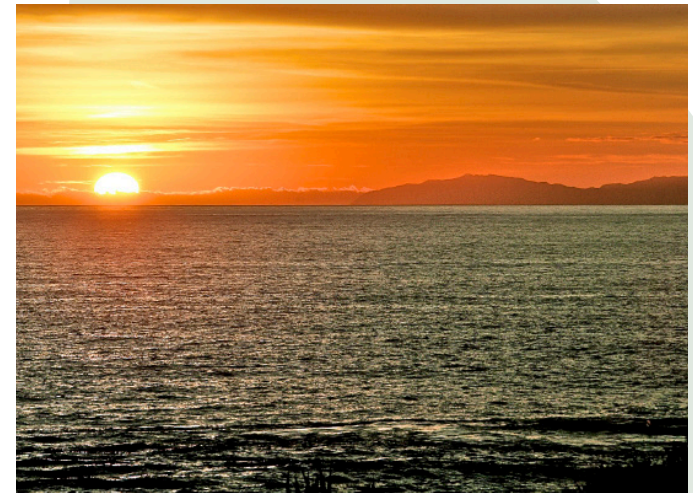
Next, you hear the whirl of the smoke evacuator or the increase volume of the TV or stereo. I go ahead and start the delicate and carefully planned surgery. I follow the surgical markings on your labia with the minimally traumatic Ellman Surgitron. It is such a fantastic tool because it is a relatively cool tip that has lateral thermal damage measured in microns instead of in millimeters when one uses a 980 Diode laser you read about when a surgeon does "laser" surgery to rejuvenate a vagina. The Ellman is without comparison in its finesse. Since I first started using the Ellman several years ago I have noticed more plastic surgeons and gynecologists using the Ellman (also known as RF or Radio Frequency) when doing labial/vaginal work. To help me with certain bleeding sites I have two basic techniques to labiaplasty of the labia minora. I am partial to one and avoid the other like the plague. The "V" technique discussed on some reality TV shows is one preferred by many plastic surgeons. Unfortunately, it is wrought with complications in my opinion. The edges of the V are brought together with fine sutures but they unfortunately pull apart often enough for me not to feel comfortable with the technique. There is too much tension and not enough suture strength; too much tension and a variable blood supply to regenerate the edges together. I have to repair these "labiaplasty-gone-bad" cases from

other surgeons often enough to realize the faults of this technique. Most gynecologists use the technique that sculpts the edges to the size desired without the high-tension "V" incision. There is less wound breakdown and fewer problems with restoration of blood flow. I personally favor this sculpting technique because of its precision and flexibility. You do not have to guess how the top will line up with the bottom. The edges always line up. The knock on this technique is that there are the color discrepancies of the inner labial lips as compared to the outer labial skin. This is true in the short term but over the long term the color issues are nonexistent because nature has a way for the edges to eventually match in color.

Once all undesired labial tissues are removed the suturing begins. Fine but strong sutures are used in several layers to ensure proper wound healing. Many various suturing methods can be used but I prefer to stay with a tried-and-true technique I have developed over the years. This multi-layer approach is the technique I teach all my trainees. It is the safest method of all to ensure wounds do not open up and at the same time preserving the most natural of looks.

So now you are pretty much done. You are comfortable and awake. I will take off the drapes, clean you up, and give you a mirror to view your new you. A few pictures follow, you go to your private room and change, have a glass of water if you wish, then go home with your driver. Your post-op instructions and handouts will be reviewed just one more time before you leave and go off painlessly into the outside air. Your post-op appointment will be set and my personal cell phone number will be

given to you so that you always feel that I am available. You will be numb for another couple of hours but be sure to use your pain meds and ice packs for your comfort. Be a princess and don't do too much. You can walk and eat what you like. You can drive the next day. Read the section on "Recovery Time" and you will get a good feel of what to expect in the weeks to come.



## Essential Pre-Op Instructions

- If your surgery is scheduled for early in the morning, eat a hearty breakfast and drink plenty of water.. In the morning you may shower and brush your teeth, If your surgery is planned for the early afternoon then please eat a hearty lunch about 8 hours prior to your surgical time and sip water all day. We encourage sipping water, not gulping, all day before surgery to prevent dehydration. This is very important specially for those who need a bowel prep. These are new recommendations from the Anesthesiology Associations. You must make arrangements prior to surgery for a responsible adult to drive or accompany you home. No one will be discharged from the surgicenter alone.
- Please leave all valuables, jewelry and contact lenses at home.
- You should wear comfortable clothing that you can easily put on after surgery.
- Remove nail polish from either your left or right index finger.
- If you have received a prescription for pain relief prior to your surgery, be sure to have it filled so it will be immediately available to you.
- If ordered, please have your blood tests completed ten days before surgery and have the results forwarded to our office.
- Do not drink alcohol or smoke cigarettes ten days before or after surgery.
- Do not take any of the following medications for a week prior to your surgery, which may effect bleeding: Vitamin E, ginkgo, aspirin, Empirin, Anacin, Excedrin, Bufferin, Ibuprofen, Motrin, Advil, Coumadin, Elmiron, Heparin or Aleve. If you need pain relief, Tylenol products are fine
- Do not undertake any strenuous exercise 24 hours before surgery.
- Print out these instructions for future reference.



## Post-Operative Care Instructions

Congratulations on having aesthetic vaginal surgery. It is now up to you to ensure that healing occurs properly by protecting the tissues and not allowing them to become stretched or pulled. For the next six to eight weeks, these instructions should be followed as carefully as possible. Please contact the office if you have any questions or would like clarification of these post-op instructions.

### PLEASE REVIEW AND FOLLOW THESE INSTRUCTIONS:

Pamper yourself and take it easy, especially the first couple of days. Please be aware that you may experience some pain or discomfort in the vaginal area. You may spot blood or have a small to moderate amount of discharge. This is normal and will lessen within a few days. You may initially experience some irritating symptoms, such as rubbing and sticking, puffiness, and bruising. This is not unusual during the early phases of healing and will resolve with time. Wear loose clothing for comfort and keep your vaginal area clean and dry. Use soap and water daily. A hand sprayer is helpful to keep discharge and debris from accumulating in your vaginal region. If you had a laser procedure or resurfacing, clean off the whitish discharge often. You want the healthy pink skin to show.

For the first week, you should relax and take it easy. Limit your activities to light work or deskwork. This is a great time to catch up on your reading, television programs or other similar activities that you rarely have time for. You can walk up and down stairs, drive, cook, go to movies but avoid activities such as vacuuming, heavy gardening, carrying heavy objects, lifting your children, swimming. You may drive

once you feel comfortable and able. Use pain medicine, such as Ibuprofen and Darvocet, when needed and use ice packs and Dermoplast Spray for comfort.

Do not use a tampon or put anything into the vagina except the estrogen cream. Avoid vaginal sexual activity for the first 6 to 8 weeks. You can start vaginal stretching exercises at 6 to 8 weeks post-op if you had a vaginoplasty or perineoplasty or posterior repair. Use your estrogen cream daily to aid in healing and regeneration of new skin. This will also prevent erosions. Finish your antibiotics.

Take a vitamin every day for 3 months following surgery to ensure you have excellent nutrition. Take a stool softener such as Colace to reduce the risk of straining during elimination. Whether you use the softener or not, it is very important not to strain these tissues. We recommend the use of Colace, Milk of Magnesia, Fibercon, Metamucil, Prunes, and Prune Juice. Use Dulcolax Suppositories and Fleets enemas as needed.

Weeks 2 – 4 gradually increase your physical activities, but specifically you should still not lift heavy objects (one

(1) gallon of liquid or more). Walking or strolling is acceptable – just no power walking, impact exercises, jogging or aerobics. If your wound edges have healed well and you have sutures dangling or irritating you then please come into the office and we can trim them off. Most will just melt away or fall off because we use absorbable sutures only.

Weeks 5 – 8 gradually resume normal activities. If you are still sore or certain activities are still uncomfortable, wait an additional week or two before resuming. If you had laser resurfacing it may take weeks to months for normal coloration to come back. If you are bleeding more than expected, have an odorous discharge, have a fever, have increased swelling of your labia or vulva, or have any other concerns, please contact the office immediately. If you live outside the area please contact us via email or phone at any time. Feel free to use photographs on our secure website to show us any areas of concern. We will respond rapidly.



## Before and After Photos



## Before and After Photos

We pride ourselves in providing our patients with the the highest quality photographs of Aesthetic Vaginal Surgeries that are found anywhere on the web. You can often judge the skill level and experience of the surgeon by examining the quantity and quality of their unaltered photos of their surgical procedures. Please [visit our website](#) to view the most extensive set of medical photographs available on the internet. Dr. Alinsod has spent two decades collecting and preparing them for his patients. The links may be shared with others but no reproduction of any kind is permitted. These photos are updated on a regular basis.



Rim Look



Barbie/Smooth Look



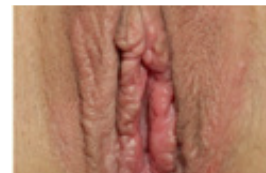
Hybrid



Labia Majora Plasty



Labia Majora Pelleve



Revisions/Resurfacing

### By Category

#### Labiaplasty RIM Look

The RIM Look is the most requested look patients ask for. Precise labial reduction leaves a small rim of labia minora below the level of the labia majora to reduce its prominence and increase patient comfort.

#### Labiaplasty Barbie/Smooth Look

The Barbie/Smooth Look is a more aggressive reduction of the labia minora to the point of complete excision. It leaves a refined look and eliminates the pulling and tugging sensations women often encounter.

Dr. Alinsod's personal preference is the Hybrid Look. This combines the RIM and Barbie appearance to leave a very fine and natural looking rim around the vaginal opening. This Hybrid Appearance is more technically difficult to achieve and requires extreme precision techniques and tools.

#### Vaginoplasty

#### Labiaplasty and Vaginoplasty

#### Reconstructive Pelvic Surgery

#### Clitoral Hood Reduction

#### Hymenoplasty

Dr. Alinsod's passion for photography has been directed towards the collection and dissemination of helpful teaching aids for the medical field. He has freely made available his two decades worth of photographs for medical professionals and patients alike in helping understand the conditions of interest. Dr. Alinsod teaches medical photography at his local Preceptorships and at National Meetings. His photographs have been used Internationally in educational materials, publications, advertisements, research, and technical bulletins.





## Case Studies of Dr. Alinsod's Vaginal Surgeries

[http://urogyn.org/cases/case\\_index.html](http://urogyn.org/cases/case_index.html)

Please click on the Case Numbers below.



[Case 1](#)



[Case 2](#)



[Case 3](#)



[Case 4](#)



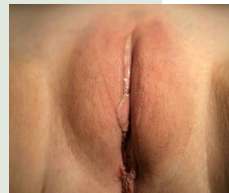
[Case 5](#)



[Case 6](#)



[Case 7](#)



[Case 8](#)



[Case 9](#)



[Case 10](#)



[Case 11](#)



[Case 12](#)



[Case 13](#)



[Case 14](#)



[Case 15](#)

Dr. Alinsod's International Training Program at the Alinsod Institute for Aesthetic Vaginal Surgery teaches the surgeon how to manage the most simple request for a labial reduction to the most complex repair of childbirth trauma, incontinence, and prolapse. This unique and integrated approach to beautiful vaginal surgery can be learned by gynecologists, urologists, urogynecologists, and interested plastic and cosmetic surgeons.

The intricate details of surgical order, labial size management, clitoral hood reduction, skin resurfacing techniques, perineal reconstruction, vaginal size evaluation, and prolapse repairs are given in a comprehensive multi media manner using print, photos, PowerPoints, videos, and live surgery. It is a transformational learning experience for the surgeon.



## Office Photos



South Coast Urogynecology provides its patients a warm and calming atmosphere conducive to precision surgery in a Southern California setting of serenity and beauty.



## Costs and Financing, Patient Forms



## Costs and Financing

(Go to <http://www.urogyn.org/costs.html> to see details)

### The Surgery Costs:

Contact the Office for Appointments and Pricing

Labiaplasty	In Office
Vaginoplasty	In Office
Labiaplasty & Vaginoplasty	In Office
Labiaplasty/Vaginoplasty/Perineoplasty	In Office
Vaginoplasty & Perineoplasty	In Office
Hymenoplasty	In Office
Labiaplasty, Labia Minora	In Office
Labiaplasty, Labia Majora	In Office
Labiaplasty, Labia Minora and Labia Majora	In Office
Laser Resurfacing	In Office
Clitoral Hood Reduction	In Office
Perineoplasty	In Office
Transobturator Sling	Hospital
Anterior Compartment Repair w/ Mesh	Hospital
Posterior Compartment Repair w/ Mesh	Hospital
Vaginal Vault Suspension	Hospital
Uterine Suspension	Hospital

### Financing Options:

<http://www.cosmeticsurgeryfinancing.com/>

<http://www.carecredit.com/webtoolkit/cosmetic/>

<http://www.cosmeticcredit.com/>

\*Note : Remember that the procedures done in the Hospital Operating Room will add about \$1,500 to the cost for the patient over the quoted professional fee. Also, incontinence and pelvic prolapse repairs can be done in conjunction with aesthetic repairs and are usually covered by one's healthcare insurance. Please call us for special pricing on our Teaching Days.

Participation in Dr. Alinsod's active teaching program may qualify you for discounted surgical fees. Dr. Alinsod performs all the surgeries and surgeons worldwide come to Laguna Beach to learn of his advanced and innovative techniques.





## Patient Forms

<http://www.urogyn.org/ptforms.html>

### History and Physical Forms Kit:

<http://www.urogyn.org/ptforms/HPForms.pdf>

Please fill this out and fax or email it back.

### Surgical Informed Consent:

[http://www.urogyn.org/ptforms/SCU\\_Surgical\\_Informed\\_112607.pdf](http://www.urogyn.org/ptforms/SCU_Surgical_Informed_112607.pdf)

### Photography and Video Consents:

[http://www.urogyn.org/ptforms/Photo\\_Video\\_Consent\\_Nov07.pdf](http://www.urogyn.org/ptforms/Photo_Video_Consent_Nov07.pdf)

### Pre-Op Instructions:

[http://www.urogyn.org/ptforms/Pre-Op\\_Instructions.pdf](http://www.urogyn.org/ptforms/Pre-Op_Instructions.pdf)

### Post-Op Instructions:

[http://www.urogyn.org/ptforms/Post\\_Op\\_AVS.pdf](http://www.urogyn.org/ptforms/Post_Op_AVS.pdf)

### Concierge Service:

<http://urogyn.org/concierge.html>

### Hotels:

<http://urogyn.org/hotel.html>



We have markedly reduced corporate rates for our quests. Please call us for details.



## Patient Testimonials



## Patient Testimonials

FOR MANY YEARS I RESEARCHED LABIAPLASTY SURGERY and had numerous consultations, asked questions, and finally went to a plastic surgeon in La Jolla, CA. The plastic surgeon claimed to have done "many" labial surgeries among with her tummy tucks, faces, and breasts.

Two weeks after surgery, I felt some stitches had come out and that something was terribly wrong. I should have trusted my gut instinct and went with a full time vaginal surgeon instead of a part time vaginal surgeon. The nurse at the plastic surgeons' office gave me some instructions, which I followed completely, but I kept insisting something was amiss. Two weeks later a revision was done under a poorly done local anesthesia and I felt the entire procedure and was in pain. After the revision healed my labia were like flaps and were barely attached by thin strands. Now the well-known La Jolla surgeon changed from a nice professional to one with attitude and indifference. It was hurtful. I was terrified to try and find the right surgeon to fix this bad result. There are many doctors who advertised performing labiaplasty but not fixing or revising them. It makes you wonder who are actually formally trained in labial surgery? I was very fortunate to find Dr. Red Alinsod as the expert in labial revision surgery. His credentials are as a vaginal surgeon first and foremost,

not a breast or face or tummy expert but simply a world renowned vaginal surgeon. He responded immediately to emails and even gave his opinion on photos of my result without charge. He was a very compassionate person which made a huge difference. During my consultation with Dr. Alinsod he could not understand why I had been sutured the way I was or why the plastic surgeon approached the surgery in the manner she did. He spent a great deal of time with me to ease my fears and give me the options of how to go about fixing the labia. He told me how the blood supply to the labia minora varies greatly and how Wedge or Z-Plasty labiaplasties and skin removal techniques are prone to improper healing and "holes" and dangling tissues. After many discussions and emails I finally had Dr. Alinsod re-do my labiaplasty and I have not looked back with any regrets. I chose to have the "Barbie" technique, which Dr. Alinsod developed and perfected, as my revision procedure. I just wished I had gone to him first and not for the revision. It was a long and painful procedure to remove the old stitches and scar tissue left by my original surgeon but it has been worth the effort. My labia now are beautiful and natural looking. You cannot tell anyone had done surgery on me. My own doctors cannot tell. My original labiaplasty and time of revision were two years apart and that time in between was very trying

for me, emotionally and physically. Not only was Dr. Alinsod compassionate but he was professional as well. He never rushed me. My situation was not passed off as "No Big Deal." I loved Dr. Alinsod's care for me and think the world of him. I am now very happy with my labial appearance and feel a great deal of confidence to move forward with my life. Thank you Dr. Alinsod for not only your professionalism and expert hands but for your empathy and understanding.

Like many of his patients who travel many miles and over many states to see him, I now travel more than an hour to see him for my routine gynecology and aesthetic needs and I do so with a smile. Save time, money, and personal grief and have Dr. Alinsod as your surgeon. I am willing to speak with you personally about Dr. Alinsod and his team.

A Very Happy and Very Sincere Holly from So Cal



Before Surgery

After Surgery



## Patient Testimonials

### I COULDN'T BE HAPPIER WITH THE RESULTS OF MY LABIAPLASTY

with the beautiful transformation done on me by Dr. Red Alinsod at South Coast Urogynecology. It has made a huge difference in my everyday comfort (no more rubbing and chafing!) and I must say, I do think my vulva looks beautiful; a definite added bonus to a procedure I saw primarily as a physiological necessity rather than an aesthetic choice. The result is symmetrical, pretty, and totally natural looking. There is no scarring, and no loss of sensation of any kind.

I'm really glad I flew out to California all the way from Boston, Massachusetts just to have Dr. Alinsod do this procedure. The added expense was well worth it. I had spent many months researching doctors doing this procedure and found that Dr. Alinsod's web site conveyed an unparalleled professionalism, the best "before" and "after" pictures, the friendliest staff, and comforting photos of the clinic offices. I was especially impressed by the on line patient information and handouts, and detailed description of what to expect before, during and after the procedure. It was obvious to me that he really cares about his patients, has a high level of perfectionism, and understands that this is a bit of a scary decision to make. I knew right away that this was the place to go to be treated with respect, kindness and to get the best care and excellence. Also, I wanted the procedure to be done using

the Ellman Surgitron Radio frequency device, rather than with the lasers used in most other clinics. After reading about it, it became clear that Dr. Alinsod is a leader in his field and that the Surgitron is the best tool.

In person, Dr. Alinsod's bedside manner is kind, gentle, sincere and immediately puts you at ease—completely professional. And his wonderful assistant, Maria, was there to hold my hand in every way. I felt confident that I was in the best of hands and that everything would go well, as it did! I was also given every opportunity to talk with Dr. Alinsod directly at any point in the following weeks and months when I had concerns or questions about the healing process. My emails and phone calls were always returned immediately or within hours by Dr. Alinsod himself. I have never been so well cared for during a surgical procedure. If any gynecological issues should come up in my future, I will definitely go directly to Dr. Alinsod and his staff. --Catlin, Boston, MA

DEAR DR. ALINSOD, I WILL TRY MY BEST TO EXPLAIN IN WORDS HOW I FEEL ABOUT MY VAGINOPLASTY AND PERINEOPLASTY SURGERY. I would of never considered plastic surgery vaginal rejuvenation, until I needed bladder and rectal repair. My organs were no longer where they belonged. My first feeling that something was not quite right was a wideness in my pelvic area and

feeling of separateness. Then a difficult and long time to urinate. It wasn't until my organs fell into my pelvic anatomy and sex with my husband was extremely emotional. My condition went from moderate to severe.

I felt my vaginal anatomy was ruined and knew just fixing my organs would not be enough. I am not your plastic surgery type nor do I believe it should be in this category. These issues are at the core of a women's sensuality. Us women at the age of 50 and over don't realize the change in that area since it is so gradual or until something serious like your organs falling.

I gave your card to 2 of my friends that called and asked re: vaginoplasty, etc. After, I told them how perfect I feel from the reconstruction as well as if I had a butt lift my buddies want a new vagina as well. Two days after surgery, while in the hospital, I showed my girlfriend and she said it looked just

like a 21 year old. She couldn't believe how good it looked on the 2nd day or recovery. I told her the advertisement indicates you will look like a 21 year old again. A bonus is the 21 year old vaginal canal. I feel renewed and restored as well as empowered and somewhat young again. I could be a spokeswoman for these procedures in the enlighten state I feel. Thank you once again. I hope your creative future restoring a woman's core being her sensuality and sexuality grows big and bright. Further, the wonderful women employed by Dr. Alinsod are the best, without them I could not of gone through this surgery.

Love and Light E



Before Surgery

Immediately After Surgery

8 Weeks After Surgery





## Patient Testimonials

I DECIDED TO HAVE LABIAPLASTY BECAUSE I WAS EMBARRASSED ABOUT THE SIZE OF MY LABIA MINORA, they were too big. I wanted to feel sexy, and I could not feel that way with my inner lips the way they were. I don't have a lot of money, so when I saw an ad for this very inexpensive place called San Dimas Surgical Center, I thought this sounded like a good choice. The first thing that should have raised a red flag that this wasn't the ideal place to have surgery was the fact that on the website there wasn't any information about the doctor who would be performing my surgery, namely his expertise, which should never be the case with any surgical procedure. To be honest, I just thought this was a common procedure often performed, and it never crossed my mind that anything could go so terribly wrong. After the surgery, I noticed a difference between my two inner lips immediately, but I thought maybe it was just the swelling and it would all end up looking normal after a couple of months. Well, a couple of months passed, and it just ended up looking worse. One side was still very big, and the other side was very short and bumpy, with notches of skin through out. I felt totally scarred and deformed, and what's worse I thought it would be a permanent problem. I even thought I might have to give up sex because it looked so awful. I was very depressed and worried. This is where I started doing some research and I wanted to find, this time, the best in the business. I came across South Coast Urogynecology, and took a look at Dr. Alinsod's work. His

pictures of labiaplasty procedures were the best I'd ever seen, so smooth, so natural. Based on his pictures, I thought if anybody can help me, it has to be him. And sure enough, when I met Dr. Alinsod he made me feel so at ease, he is such a gentleman, and so in touch with what a woman needs. He assured me that he could help me, and those words, to a woman who felt so incredibly hopeless up to that point, were music to my ears. My final results are incredible. I am so smooth down there, that I don't even think any man would ever notice I had anything done! I'm very satisfied with my results. If I could do this procedure over again, I would never again choose a doctor based on price. I would, without a doubt, choose Dr. Alinsod. He is very experienced at what he does, and has a great staff, most noticeably, Maria, his assistant, who was always so nice and reassuring. If you are considering labiaplasty, please choose wisely, this is such a complex procedure, and you should only let the most experienced surgeon work on such a delicate and important area to us women. Thank You Dr. Alinsod!!! – C



Before Surgery

Immediately After Surgery

8 Weeks After Surgery



## Patient Testimonials

SINCE THE BIRTH OF MY 3RD CHILD, I SEARCHED FOR A PHYSICIAN WHO WOULD HELP ME CORRECT WHAT I WAS TOLD TO BE "NORMAL" BY NUMEROUS OBSTETRICIANS / GYNECOLOGISTS. I thought I had stress incontinence, and knew I had large, uncomfortable labia, and a stretched vagina. I felt helpless until I met Dr. Alinsod. It was last year when I discovered Dr. Red Alinsod by searching the Internet. I contacted him via email and to my surprise was contacted the next day, which happened to be on a Saturday. I could not believe the quick response and his sincerity and loyalty to his patients. I immediately knew he was a genuine person and very experienced by our phone conversation. He understood my needs and scheduled a consult.

Dr. Alinsod performed a labiaplasty with unbelievable results. I was so impressed. I went back and within two months had a vaginoplasty, rectocele repair, and stress incontinence sling. My quality of life is 110% better.

I travel from North County, San Diego area to Laguna to see Dr. Alinsod. I highly recommend traveling across the states to anyone seeking the highest quality, state-of-the-art treatment. Dr. Alinsod is compassionate and truly takes pride in his profession. He is professional and kind with communication being one of his best qualities. I recommend Dr. Alinsod to all of my family and friends. I truly wish that all physicians practiced medicine in the same manner as Dr. Alinsod. He is simply amazing. -- DM I am originally from the

Middle East and in my mid-twenties. After my child was born, some things just weren't the same (ladies you know what I mean!). But of all the changes my body was going through, this was one that I couldn't stand. I eventually got the guts to say enough, and do something about it (after trying a billion Kegels with no results!) I had a consultation with Dr. Alinsod and shortly after I decided to go with the vaginoplasty, and perineoplasty. The first week after the procedure was tough, but then it just healed nicely and really changed my life! My partner feels a great difference and the procedure was definitely worth it for the both of us.

Dr. Alinsod is very professional and experienced and really did a wonderful job making me feel more like my pre-baby self again! --EM, from Cairo

Dr. Alinsod. Now that I am on the recovery side of my surgery, I had to write to tell you how much your compassionate care for me made the process of my bladder surgery possible. I couldn't have gone through this without the help of you and your staff. As you know, I was terrified at the prospect of undergoing bladder surgery and when you added the other procedures to the picture, I was very nervous about the outcome. My recovery has been manageable and now I'm looking forward to getting back to my active lifestyle with no worries whatsoever.

I can't thank you enough for all that you have done. Your communication skills are terrific and that made it easier to

understand the procedures that I was having. In addition, your nurse Maria is really a saint. I put her to the test with my concerns about my bladder and she shouldered them all with that loving way she treats your patients. I feel blessed to be a part of your medical family and have already recommended you to two of my friends who are as afraid as I was to address my bladder issues. Lucky am I to have you in my world. - Anonymous

ELEVEN YEARS AGO, I HAD A VERY ROUGH DELIVERY WITH MY SON. I HAD A BEAUTIFUL BABY BOY; HOWEVER, MY BODY WAS LEFT PRETTY TORN UP. THE YEARS THAT FOLLOWED PROVED TO BE CHALLENGING FOR ME. Whenever I had a bowel movement, I had to sit a certain way...it was disturbing to me. Also, when I would sit down, I always had to adjust my internal organs. I am very active and work out everyday and "my problem" just continued to get worse. I began to get depressed about it, thinking I could never change it. I felt like "damaged goods" and certainly forgot what it was like to feel normal. I had consultations with different doctors who either were not qualified to do what I needed done, or I did not feel comfortable having them do surgery on me. Just when I thought that this condition would be with me for the rest of my life....I found Dr. Alinsod! Dr. Alinsod and his staff are warm, compassionate and caring. I emailed Dr. Alinsod to ask if he could help me and he emailed me back within an hour! Who does that? And it just got even better from there! I set up a consultation

with Dr. Alinsod and he answered EVERY question I had. I decided that he was THE ONE who could fix me...and boy was I right! He performed a transobturator sling and pelvic reconstruction with vaginoplasty and perineoplasty on me. My leakage and my pelvic pressure are gone and I am as if I never had a baby! I am a CHANGED WOMAN!!! I am back to being me and excited about my life again! Dr. Alinsod and his staff are AMAZING! They are ALL kind and caring and most importantly know EXACTLY what they are doing! Dr. Alinsod gave me my life back! THANK YOU, Dr. Alinsod! With MUCH Gratitude... CP, all the way from Utah!



## Patient Testimonials

I HAVE BEEN ABLE TO OBSERVE DR. ALINSOD'S CAREER FOR OVER SEVEN YEARS AS BOTH HIS PATIENT AND AS A MEDICAL PROFESSIONAL. I have the utmost trust and confidence in his surgical skills and abilities and have been fortunate enough to have been under his care. His incontinence surgery have kept me dry and feeling refreshed. The cosmetic vaginal surgeries have enhanced my sexual experience and have improved my self image. Dr. Alinsod is able to make me feel relaxed and open in my personal discussions and I feel quite fortunate to have a physician I can confide in. -- LA

WHEN I DECIDED THAT LABIAPLASTY WAS A PROCEDURE THAT I WISHED TO PURSUE, I CAREFULLY RESEARCHED THE CREDENTIALS OF MANY PHYSICIANS that offered this procedure and I quickly recognized that Dr. Alinsod was clearly highly and uniquely qualified (being both board certified in gynecology and trained in this type of an aesthetic procedure). I had the procedure in early January. Prior to the surgery I met with Dr. Alinsod and his extremely kind and professional staff. As soon as I met each of them and Dr. Alinsod, I realized that there was a sincere kindness and professionalism in how they treated their patients, and that I was in very good care. Even then, however, I did not realize how skilled my surgeon actually was. I have had many dental procedures that I only wish could have gone so well. Pain and swelling were minimal and

medications that Dr. Alinsod prescribed for pain management were highly effective. My recovery was very quick. The improvement in appearance and comfort is striking. I am quite sure that no one (even another surgeon) would not be able to recognize that I had the procedure done, as there is no scar at all. I truly cannot thank Dr. Alinsod enough for the quality of surgery and care that I got. -- MB

DR. RED ALINSOD IS A CARING AND COMPASSIONATE PHYSICIAN THAT HAS HELPED CHANGE MY PERSONAL OUTLOOK ON LIFE. For years I suffered low self-esteem due to the appearance of my vaginal area brought on by the ravages of childbearing. Not only did I leak urine but my labia were quite enlarged and caused irritation and pain. I could not wear jeans or tight clothing and wearing a swimsuit made me feel very self-conscious. I asked friends and family and medical professionals who I should see and all suggested I get in contact with Dr. Alinsod. I have never regretted my decision to seek out his opinion and to go ahead with my aesthetic surgery. I underwent a labial reduction, laser perineorrhaphy, and vaginal tightening that has resulted in my renewed sense of youth. Some would call this "vaginal rejuvenation." I am in my mid 40s and but my private areas are 21 years old again! I am so pleased and happy even more so than my husband who is quite impressed with the surgical results. I feel like

a new woman not afraid to dress any way I please and no longer am I self-conscious because I have made the right decision to choose Dr. Alinsod to be my personal aesthetic surgeon for my most private of parts. -- NR

THIS WAS ONE OF THE BEST THINGS THAT I COULD HAVE EVER DONE FOR MYSELF...AND MY HUSBAND!! The procedure was incredibly easy with relaxing music and Dr. Alinsod and his staff explaining everything and keeping me comfortable every step of the way. I look and feel INCREDIBLE and can't believe how perfect everything went. Thank you Dr. Alinsod. You've made me sooo happy!!" You guys are the Best!  
- P from San Diego



## Patient Testimonials

ABOUT 4 YEARS AGO I NOTICED A MARKED VAGINAL LOOSENESS. THIS BECAME A VERY BOTHERSOME PROBLEM FOR ME.

I spoke with my primary care doctor who prescribed kegel exercises. This obviously did not work, as it does not work for most women unless they are 20 years old and never had children. I then spoke with my gynecologist who told me that the surgery to tighten my vagina was possible with a price tag of about 27,000 dollars. I was very upset. If you are reading this and considering this surgery, you already know my frustrations. I started Googling "vaginal tightening" and luckily found and clicked on Dr. Alinsod's website. I called and spoke to Diane who immediately was able to set up an appointment for a consultation and surgery the same day because I would be on vacation down in southern California at the time. I live in the Northeast and had to fly in.

I was met at the door by Maria who is wonderful, very understanding and down to earth. She made me feel very relaxed. Dr. Alinsod walked in and I was so impressed. He mixed professionalism with humor and understanding. He made me feel instantly relaxed. The vaginalplasty surgery went wonderfully. At this time Dr. Alinsod said I was also a good candidate for labia plasty. At the time this was not important and I choose not to do it.

I can honestly say I did not follow the "healing plan". The next day I went to Universal Studios with my family and went on a lot of rides. This was not a good idea. I caused some stitches to rip. Within 3 weeks I had to go back to see Dr. Alinsod and have him re-stitch me. He did this happily and free of charge. After 6 weeks I questioned how I was healing and went back down to Southern California to see him. Dr. Alinsod believed I was healing great and told me I was fine. After a few more weeks I emailed Dr. Alinsod and told him I was not as "tight" as I had hoped to be. He told me if I was unhappy, he would make me "good as new" and would also perform labiaplasty on me free of charge because it was a training day for him. It was extremely nice of him to do the extra surgery for me. I am now a couple weeks into the healing process and I am doing great. The surgery site looks terrific! This time I am taking it easy.

I have never met a more professional and kind doctor. He responds to all emails lightning fast and always is patient and kind. He is a true gift to his profession. He gives women a fresh start where others cannot. He is a pioneer in vaginal plastic surgery and goes where 99% of all other doctors will not. His staff is understanding, patient and kind. I would recommend him to ANY woman who wants a fresh start and who wants to feel like the woman she once was or had always wanted to be. Thank you Dr. Alinsod, you are a diamond on a beach of stones. Sincerely, TA from the Great Pacific Northwest

I finally did it!!! I had a vaginoplasty and labia majora plasty done--ten years after my youngest child was born, and after researching it extensively for 2 years. Now, four months later, I feel it's one of the best decisions I have ever made. The results are amazing! I gave birth to two children--both deliveries were very difficult. I'm an extremely petite, small boned woman and the delivery with my second child included 18 hours of labor and 3 hours of pushing.

After delivery, when my OB was stitching me up (for 2 hours) she said "Your poor, virgin vagina." She was right!! It never felt the same-- urinating, having bowel movements, and of course during sexual intercourse. The looseness was almost a numb feeling. I felt unplumbed and looked loose and crooked with the birth trauma and aging.

I met Dr. Red Alinsod after interviewing several other prominent doctors often seen on TV. Dr. Alinsod was very professional, understanding, and a gentle soul. He knew exactly how I felt and what I wanted to accomplish. His credentials as a vaginal surgeon was unmatched by his more famous TV doctors. He gave me the confidence to go forward with a procedure that I really needed. His recommendations were nothing more and nothing less than what I needed. Surgery went smoothly and everything turned out to be great!!! It's all back in working condition--all operations make me feel young again. I

am very very happy with my decision and I feel every woman should be given this opportunity if she feels the need. I highly recommend Dr. Alinsod and am thankful I found him in. --LLW



Labia Majora Plasty





## Patient Testimonials

I AM FROM A LARGE METROPLEX IN TEXAS AND WE HAVE SOME OF THE BEST DOCTORS AND HOSPITALS IN THE WORLD. I chose the best doctor in my city to perform my surgery and didn't think twice that I may have complications. My surgeon is held in the highest regard and has won several top doc awards. After surgery, everything looked great, but the pain was unbearable. There was a rare complication with my sutures and my doctor was too inexperienced to recognize and remedy my situation. Months went by and there was little relief from the pain. Words cannot describe the desperation you feel when an elective surgery can leave you in chronic pain. I knew I needed a revision. Ladies, these are your genitals, and you simply cannot mess around with your choice of surgeon. You must go to the best regardless of cost or location. I began my research again in search of the TOP doc, and before long ended up on [www.urogyn.org](http://www.urogyn.org). When I saw the photos of Dr. Alinsod's work, I knew the skill of this surgeon was unparalleled. Dr. Alinsod also trains other doctors in several types of procedures. Why go to someone who's been trained by Dr. Alinsod when you can go to Dr. Alinsod himself? I started reading his patient's testimonials and learned of how nice he truly is as a person. His entire staff is personable, knowledgeable and very comforting as well. Dr. Alinsod truly does care about his patients in every way. He will personally answer your emails and return your phone calls very quickly. As an out of town patient, his excellent lines of communication were key to my piece of mind both before and after my surgery.

Laguna Beach is a beautiful city and it is very easy to get around in and get to from John Wayne airport. I am so pleased with my results physically, but I am also happy to report that I am now pain free. A huge thanks to Dr. Alinsod and his staff!!!! --Ecstatic in the heart of Texas

TO WHOM IT MAY CONCERN: DR ALINSOD IS THE BEST!!! HE IS TRULY A PROFESSIONAL. It was unfortunate for me that my vagina was totally ruined after having a baby. It was loose, ugly and no sensation during sex! I hated it. My sexual well being is something that I regard highly, a necessity, my livelihood! I also had less than perfect labia which I really wanted to make gorgeous. Dr. Alinsod was not the first doctor I went to. The first doctor I went to mutilated me and took my money. My labia was so unnatural looking and full of scar tissue. My vagina was still just as loose as before the operation. I was devastated. I found Dr. Alinsod online. He answered all my questions, basically consoled me for two months before I decided to go and have a revision. His nursing staff is excellent, (Tasha and Janet) I love them! They are amazing women. I am just about six weeks now, three days from it and so excited. My surgery took over four hours. Dr. Alinsod is a perfectionist. I never thought my labia could be this gorgeous! I love it! I feel like a new woman. When doctor Alinsod asked me how tight I wanted to be, I said two fingers tight. I know that he did a good job. I can no longer see my insides like I had been able to in the past. I can no longer see my vaginal wall hanging down. All I can

see now is gorgeous, pink, tight vagina!! Dr. Alinsod has coached me every step of the way. He has been very supportive. He always gets back to me within an hour or two at the most! He really cares about his patients. He is very courteous. I couldn't say enough about him because he is really fantastic. I am ready to start my new life now!!! No woman should ever accept the ravages done to their body after childbirth!! There are professionals out there who can help us. We must take advantage of this!! --Ecstatic in the Great Pacific North West

ELEVEN YEARS AGO, I HAD A VERY ROUGH DELIVERY WITH MY SON. I HAD A BEAUTIFUL BABY BOY; HOWEVER, MY BODY WAS LEFT PRETTY TORN UP. The years that followed proved to be challenging for me. Whenever I had a bowel movement, I had to sit a certain way...it was disturbing to me. Also, when I would sit down, I always had to adjust my internal organs. I am very active and work out everyday and "my problem" just continued to get worse. I began to get depressed about it, thinking I could never change it. I felt like "damaged goods" and certainly forgot what it was like to feel normal. I had consultations with different doctors who either were not qualified to do what I needed done, or I did not feel comfortable having them do surgery on me. Just when I thought that this condition would be with me for the rest of my life...I found Dr. Alinsod! Dr. Alinsod and his staff are warm, compassionate and caring. I emailed Dr. Alinsod to ask if he could help me and he emailed me back within an hour! Who

does that? And it just got even better from there! I set up a consultation with Dr. Alinsod and he answered EVERY question I had. I decided that he was THE ONE who could fix me...and boy was I right! He performed a transobturator sling and pelvic reconstruction with vaginoplasty and perineoplasty on me. My leakage and my pelvic pressure are gone and I am as if I never had a baby! I am a CHANGED WOMAN!!! I am back to being me and excited about my life again! Dr. Alinsod and his staff are AMAZING! They are ALL kind and caring and most importantly know EXACTLY what they are doing! Dr. Alinsod gave me my life back! THANK YOU, Dr. Alinsod! With MUCH Gratitude. P, all the way from Utah!

WHEN CONSIDERING SURGERY, HANDS-DOWN WITHOUT A DOUBT, YOU CAN TRUST DR. ALINSOD. TO SAY HE'S A PROFESSIONAL AND A MASTER IN THIS FIELD IS AN UNDERSTATEMENT. I never dreamed outstanding results were possible for me. I am thrilled and relieved. My problem was I felt "that part" of my body never matched the rest of me, it looked 15 years older. Being in the entertainment industry, often times I have to change in front of people or wear minimal clothing, and I don't fear or dread those moments anymore. I'm happier overall, more confident, and completely comfortable in my own skin. My only regret is not finding Dr. Alinsod 10 years ago before my original surgery. --Happy in California



## Patient Testimonials

I AM ORIGINALLY FROM THE MIDDLE EAST AND IN MY MID-TWENTIES. AFTER MY CHILD WAS BORN, SOME THINGS JUST WEREN'T THE SAME (LADIES YOU KNOW WHAT I MEAN!). But of all the changes my body was going through, this was one that I couldn't stand. I eventually got the guts to say enough, and do something about it (after trying a billion Kegels with no results!) I had a consultation with Dr. Alinsod and shortly after I decided to go with the vaginoplasty, and perineoplasty. The first week after the procedure was tough, but then it just healed nicely and really changed my life! My partner feels a great difference and the procedure was definitely worth it for the both of us. Dr. Alinsod is very professional and experienced and really did a wonderful job making me feel more like my pre-baby self again! --EM, from Cairo

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I truly cannot tell you how grateful I am for this entire experience. Your work is impeccable. I'm so happy that you chose to do this, and to share it!! And its been a pleasure visiting with you and the staff! Thank you thank you thank you!!! Have a great weekend!!! --Grateful in Southern California

DEAR DR. ALINSOD, I REALLY CANNOT THANK YOU AND YOUR STAFF ENOUGH FOR THE SUPERB CARE YOU GAVE TO ME BEFORE, DURING AND AFTER MY TREATMENT ON SEPTEMBER 13, 2010. I couldn't have been more apprehensive regarding this very extensive surgery and you gave me the confidence to go forward by outlining the rational for treatment, sharing your expertise in this area, the thorough preparation and evaluation, and for taking the time to reassure me from start to finish. It is very apparent that you are not only a great surgeon by your many successes but more importantly a genuine caring human being that values the patient doctor relationship. I can say this with great confidence because I am in dentistry and deal with nervous people all day long. As health care providers we must always administer patience, empathy, sympathy and deep commitment to quality patient care. It is obvious that you and your staff practise these principals. I have and will always refer many women to you because of your special ability to work in this delicate area with the skill of a professional. Many many thanks to you and your entire staff. Please feel free to give my number to anyone wishing to be additionally reassured. Sincerely yours, Christine Jenkins

I WAS A PATIENT OF DR. ALINSOD'S ABOUT TWO YEARS AGO, IN 2009. I had a vaginal delivery in November of 2007, which resulted in a tremendous amount of tearing. I had undergone three revision surgeries, all which did not correct the problem. My HMO insurance wanted me to continue seeing the same gynecologists who performed the three revision surgeries. After a year and a half of the birth of my child and still not getting better, I decided to do some research. Thankfully, I found Dr. Alinsod online.

When I first contacted his office, I began speaking with Diane. She was absolutely fantastic and made me feel so comfortable. Dr. Alinsod's staff has been nothing but sympathetic, helpful, sensitive, and compassionate to me. Dr. Alinsod, as well as his staff, responds to emails and phone messages very promptly, which is wonderful. Dr. Alinsod and his staff are in communication with one another so everyone knows what needs to be done. Dr. Alinsod is highly trained in vaginal surgery and even has doctors from all over the world come to learn from him. Dr. Alinsod was very understanding and offered me a cash patient price, since my HMO wouldn't help out with costs. Any prescriptions or items that I needed mailed to me was done immediately as well.

Dr. Alinsod is located in Laguna Beach and I live in the San Fernando Valley. It was very convenient that I could see Dr. Alinsod at his Burbank office for my consultation and post surgical follow-up. Dr. Alinsod was able to work around my work schedule for both office appointments and the date

of surgery. I only had to drive to Laguna Beach for the surgery.

I trusted Dr. Alinsod and am so happy that I did. He was able to fix my problem, which in turn helped me personally and also my marriage. Even though my surgery was two years ago, Dr. Alinsod will still reply to my updates on email and answer any questions that I have. After surgery with Dr. Alinsod, I had vaginal physical therapy for fourteen months. Dr. Alinsod and my physical therapist were in contact as to how my progress was going.

I will be forever grateful to Dr. Alinsod for helping me so much. I am grateful for finding him, putting my faith in him, and being able to have an intimate relationship with my husband again. Forever grateful patient. - Andrea



## Patient Testimonials

I AM WRITING THIS LETTER TO PLEDGE MY UTMOST THANKS TO THE TRULY INCREDIBLE DR ALINSOD AND HIS AMAZING TEAM AT SOUTH COAST UROGYNOLOGY. After 5 years of research and decision making in whether or not to have labiaplasty, I recently decided to go ahead and take the plunge. My reasons for wanting the operation were like so many in the same boat: I'm very sporty (horse and bike riding), active (hiking, jogging) and yes, like to look good in well-fitting clothing. My labia was unfortunately getting in the way of all of those things and so the time had come to change this.

There are many excellent doctors throughout Southern California (where I live) and the country who are well-known in the field of vaginal surgery. I looked into each and every one of them because quite honestly, if I was going to make a fairly large financial and life changing decision, I only wanted the best.

I had read about Dr Alinsod on various message boards and thoroughly looked over his website. One of the factors that appealed to me was that he had attended the Loma Linda School of Medicine, which is extremely well known in California and beyond for producing not just excellent doctors, but individuals who have a warm, compassionate and sensitive approach. Ladies, let's face it – if we're taking cutting your labia, then you will want a doctor with these traits!

I made an appointment to see Dr Alinsod

for an initial consultation and from the moment he walked through the door, I could have cried with relief. In fact, I did cry as it was pretty powerful to share my secret problem that I had been suffering with for so long with someone who both understood and helped lift years of worry away in a matter of minutes. Dr Alinsod has the kind of personality that make you feel as if you have known him for many years. Nothing you tell him or ask him about will shock, surprise or worry him as he has seen it all. To sort of explain how he makes you feel, it's like a reassuring dad, protective older brother and mentor/counselor all in one. During my consultation, Dr Alinsod examined me with the utmost of care, taking his time to listen to each and every concern I had. That was very important to me. We talked about what the operation would involve, the look and feel of the area during and after the day and what the healing process entailed. My mind was immediately made up that Dr Alinsod was going to be my surgeon.

I am lucky to live in Los Angeles, so traveling to Dr Alinsod's surgical office in Laguna was not a major problem for me. For anyone who has seen the show "Laguna Beach" or "The Hills" and think the area is 'millionaires paradise', well, it is (!) but it's also of course an area where regular folk live and work. I was not going to be driving back to LA after my operation as I knew I needed to sleep off the meds and so I booked a room at one of the very inexpensive hotels that are within half a

mile of the clinic – my bill came to less than \$75 for a really great room.

I wasn't too nervous on the day of the operation as I had been thoroughly prepared and reassured by Dr Alinsod in the days leading up to it - plus I had taken valium! But further great things were about to happen: I was about to meet Dr Alinsod's incredible team. Diane, Dr Alinsod's office manager who conducted my initial intake was like mommy. She gave me the biggest hug when we met and could not have been more warm, welcoming and wonderful. She was with me from the moment I walked in, till after my operation when I walked out and was my mental strength throughout. Then I met Maria, Dr Alinsod's operating room nurse. If I could kidnap Maria and bring her to live with me, I would. She is like your fairy godmother. When you meet her, you will know what I mean. She literally held my hand throughout the entire time I was there, from when I was given my meds, to when I was in surgery, to walking me back to the post operative room – she was right by my side the whole time, letting me know she wasn't going anywhere and that it was going to be over before I knew it (she was right!). Then there is Tasha, another of Dr Alinsod's nurses. Tasha is like the amazing, cool, big sister you always wanted. I can't gush enough about her. Tasha's best quality is her ability to reassure you that no question you ask her is too big, small or ridiculous. As with everyone else, of course, she really knows her stuff and trust me, I had some ridiculous questions

to ask her about what looked normal and what didn't in the days after my op and she was always available immediately or as close to immediately with the right answer every time. (Tasha – thank you again). Of course, Dr Alinsod is always available too and is incredible at getting back to you in his warm manner, if you need to speak to him specifically.

As for the operation itself, even though it is elective surgery, nothing really prepares you for facing the operating room. I had been planning this day for literally years and when the day comes, it does feel a little surreal. I'll be honest: the concept of 'pain' was my biggest worry! As it turned out, I needn't have bothered spending time thinking about that. Dr Alinsod, Diane, Maria and Tasha fully prepare you ahead of time. I had a mix of valium for anxiety, and rubbed topical numbing cream down below to help with the injections of local anesthetic. Thus, when the operation started, I felt barely a pinprick in that area. I will say I have quite a high pain tolerance and in my case, didn't want or need any narcotic pills, but that is an option for people. I had a combination of labiaplasty and hood reduction and honestly, did not feel a thing. I remember feeling a little woozy from the valium but spent my whole time in the operating chair chatting away to Maria and Dr Alinsod and watching CNN! It's pretty hilarious talking with Dr Alinsod because you forget he is actually this world class surgeon and expert who trains hundreds of doctors around the world. He



## Patient Testimonials

was so down to earth, genuine and funny the whole time and barely an hour later, the whole thing was all over.

LADIES, NOTHING PREPARES YOU FOR THE HIGH OF LOOKING IN THE MIRROR AFTER THE EVENT. In my case, the transformation was incredible. Dr Alinsod takes before and after pictures of his work (focusing SOLELY on the vaginal area) which I signed a consent to and it goes without saying that privacy is of the utmost importance to the team, so I was not therefore worried in the slightest. Within 30 minutes of my operation, after saying my goodbyes, I was back in my hotel room admiring the new 'me' until I fell asleep. I had no bleeding, some very minor spotting the following morning but most surprising of all, no pain, which, I'll be honest was weird because you think 'cuts', 'stitches', 'trauma', 'how am I going to pee' etc etc: I can't explain it but the methodology used is so precise that healing begins immediately and you genuinely feel very little discomfort. The only 'irritation' I had over the next few weeks was quite bad itching due to the stitches dissolving (Dr Alinsod uses dissolvable stitches as oppose to ones that need removing – trust me that's preferable!). The itching IS uncomfortable, I can't lie but again, it's not 'painful', merely, annoying. But it's nothing that Dermablast from Rite Aid can't solve, though.

With this type of operation too, Dr Alinsod and his team give you very detailed 'aftercare' notes so you know exactly what

to do in the ensuing weeks, how to wash the area, what to avoid etc etc. They also can't reassure and advise you enough that if you are experiencing any issues (which you won't be) to CALL them immediately. Dr Alinsod can always be paged and will always make himself available to you as soon as he can. You will also have a 2 week follow up with him which is reassuring to know and I guarantee he will say to you (as he did to me) 'the area is healing incredibly'. I think in total, I had four days off work which I spent lying down in bed, and then the next few weeks taking it very easy. It was a tiny sacrifice to make all things considered.

I'm a changed woman thanks to this operation. The difference that it's made to my life is unquantifiable. What was the icing on the cake was having one of the world's top doctors in this field as my surgeon. And not only that, but Dr Alinsod and his team truly made me feel like family. I cannot recommend South Coast Urogynecology enough. My heartfelt wishes to the fantastic team. Yours, Ecstatic, in Los Angeles

LOOK NO FURTHER, DR. ALINSOD IS AN ANGEL! Before I found Dr. Alinsod I was living in a shell of self consciousness and pity. For years after a certain event at a young age, I couldn't get the idea out of my head that there must be a solution to my insecurities. After a couple years, I discovered certain doctors advertising for the procedures but after consulting with them, did not feel

confident about the surgeries. Whether it be for lack of information received or an apparent disregard for my concerns and preferences, I did not feel it was worth it to take a chance of going from bad to worse. Finally after I had almost given up I found Dr. Alinsod while aimlessly browsing the internet. I immediately had a good feeling after reading reviews and decided to call. The service on the call was wonderful, although he is always booked he was often willing to make it work before or after normal hours. After I met with him though, I was ECSTATIC! (NO JOKE, ALL MONTH I HAD A SMILE ON MY FACE. NOTHING COULD GET ME DOWN!) and that was only the consultation. All of my insecurities or negative thoughts seemed to float away when I met with Dr. Alinsod. He took his time and explained everything, answered all of my questions, and even gave me suggestions from low to high pricing scales when I asked!!! The nurses are a huge part of the positive energy that is always flowing. They provide first class service by always anticipating personal needs and providing empathetic, efficient service. Most of all they all have great humor. Now having completed and healed from my surgery I am still in heaven. I am extremely confident in myself. My new confidence seems to find me time to have fun instead staying in and wallowing. Funny how that works. I can also say that I have witnessed Dr. Alinsod teaching other experienced surgeons, but honestly, they have a lot to learn to get near his talent and amazing personality!!!! I believe IT WOULD BE A MISTAKE TO GO ANYWHERE ELSE. Ecstatic in Sol

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I TRULY CANNOT TELL YOU HOW GRATEFUL I AM FOR THIS ENTIRE EXPERIENCE. Your work is impeccable. I'm so happy that you chose to do this, and to share it!! And its been a pleasure visiting with you and the staff! Thank you thank you thank you!!! Have a great weekend!!! --Grateful in Southern California

I AM ORIGINALLY FROM THE MIDDLE EAST AND IN MY MID-TWENTIES. After my child was born, some things just weren't the same (ladies you know what I mean!). But of all the changes my body was going through, this was one that I couldn't stand. I eventually got the guts to say enough, and do something about it (after trying a billion Kegels with no results!) I had a consultation with Dr. Alinsod and shortly after I decided





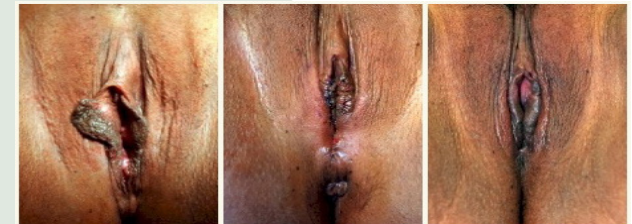
## Patient Testimonials

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--EM, from Cairo

### Patient Testimonial:

FOR YEARS I KNEW I WASN'T THE SAME AS BEFORE I HAD MY CHILDREN. BUT I THOUGHT IT WAS SOMETHING THAT ALL WOMEN FACED. My husband always said I was just fine, but I just felt too "loose". My husband and I have alot of fun years ahead of us and I knew I wanted to do something. I started to research Vaginalplasty and all the different Physicians andw clinics in the U.S. But when I spoke to to Dr. Alinsod for the first time I felt very sure I was making the right choice. The day I was scheduled for surgery, his office staff did everything they could to make me feel comfortable, and Dr. Alinsod made sure that all my questions were answered which totally put me at ease. 6 weeks after the surgery, I can't believe how great I feel and how my husband is more than ecstatic. Our sex life is great, and the only regret I haveis that I didn't do this sooner. Thank you Dr. Alinsod! -- ML

**Patient History:** This pleasant lady was in her late 30s, had completed her childbearing, and wanted to renew her intimate relationship with her husband. She did not like the uneven appearance of her labia and the laxity of her vaginal canal. She underwent an in-office labia minora plasty, vaginoplasty, and perineoplasty under local anesthesia and without an IV.



Before  
Labiaplasty/  
Vaginoplasty

Immediately  
After Surgery

6-8 Weeks  
After Surgery

**Outcome:** Patient resumed a normal and active lifestyle both professionally and personally. She was able to resume intimate relationships about three months after surgery. She felt more friction during intercourse and had a satisfying sex life.



## Patient Testimonials

HI DR. ALINSOD! I HAVE BEEN MEANING TO SEND YOU THIS LETTER AND I AM SORRY THAT IT HAS TAKEN ME SO LONG TO WRITE THIS! I guess I have been so busy getting on with life and so thrilled with the results, that I no longer think about it on a daily basis! I just want to say thank you so much for everything you and your staff have done for me! The entire experience from start to finish was excellent! It far exceeded my expectations!!:) Even though I was coming to Laguna Beach to have surgery, this was one of the best experiences of my life. Both Diane and Lauren were very helpful to me over the phone with any questions that I had, including helping me find a wonderful place to stay post-op. I could not have been any more comfortable there and I honestly cannot remember a time that I felt more at peace during my stay. Also, Maria and Marisol helped me feel very comfortable from start to finish with the entire surgical procedure. Maria is one of the most caring people I have ever met. She treated me like a princess and made me feel so special while I was in her care. I will remember her forever! Thank you Dr. Alinsod for caring about me and my outcome so much! In my opinion it is a rare find to discover such a Dr. like yourself that cares more about the final result than the financial gain. You have truly changed my life and I

am grateful now and forever with any personal relationships that I have, for I now feel more confident than ever before! I no longer hold back because of those previous insecurities! :) Thank you again to you and your staff, you guys truly made a huge difference in my life! I cannot express my gratitude enough! I hope that I can come back in the future and visit such a beautiful place!! THANK YOU. --A grateful and changed woman

TESTIMONIAL FOR DR. ALINSOD FROM A HAPPY EUROPEAN PATIENT. After having botched labiaplasty surgery in Eastern Europe, from a supposed expert, I began contacting several American revision specialists as no one in Europe specializes in labia revisions. After consulting with several renowned and world famous surgeons, I decided on Dr. Alinsod who immediately made me feel comfortable and confident that he was the right surgeon. His extensive revision and reconstructive surgical experience convinced me to choose him and I'm so happy I did. Unlike my original surgeon, who had very very few photographs of their work, Dr. Alinsod provided me with dozens and dozens of patient photos of his actual patients. His website had amazing details. The radiosurgery revisions he performed were several levels above what other

surgeons could achieve. Plus he invented those techniques himself. So I flew out to Laguna Beach, California. I wish I had seen Dr. Alinsod for my original labiaplasty. I found Dr. Alinsod's bedside manner and personality engaging and professional. I felt very well-informed about all my choices, options on different appearances my surgery could achieve, and on how to care for myself after surgery. Dr. Alinsod takes all the time you need to discuss the procedure and answers any questions you might have. He's patient and walked me through every step of the process. I found that very comforting. He provided me with 24-hour email, Skype, and phone access and answered all my questions so rapidly.

My experience with Dr. Alinsod and his staff was absolutely wonderful. Not only is Dr. Alinsod incredibly talented; he's the nicest, most caring surgeon I have ever met. He was very easy to talk to and non-judgmental at all. His staff was extremely friendly and helpful, especially Maria who made me feel comfortable and safe throughout the entire process. She always held my hand with empathy. I felt very well taken care of. After surgery I was able to enjoy the warmth and beauty of Southern California. After returning home I've kept in contact with Dr. Alinsod via

e-mail, sending him updates on my healing process. He kept a close eye on my healing progress. Whenever I have had any worries, he always puts me at ease and I find it very reassuring that he still cares about my well being even though I'm in another continent. Now I understand why patients from all parts of the world travel to Laguna Beach to see Dr. Alinsod. Needless to say, I'm very happy with the results! I'm so grateful I found Dr. Alinsod and can't speak highly enough of him and his staff. It was beyond worth it to fly overseas to see Dr. Alinsod and I would highly recommend him to anyone who is interested in having labiaplasty or aesthetic gynecologic surgery. From Eastern Europe with thanks, - Anonymous

MY EXPERIENCE AT YOUR OFFICE WAS ABSOLUTELY AMAZING. I have never felt so welcomed at an office. And when I say that, I don't just mean welcomed by you, I mean by you and your ENTIRE STAFF. Everyone at your office is amazing, and incredibly comforting. You weren't the first doctor I considered, but you were the last. I knew the moment I walked in, saw your results, and received the warm welcome you and your staff gave me. Everyone treated me as if I were their own daughter going into surgery. My mom was with me, and to be honest, I thought I was blessed to have her there, she didn't need



## Patient Testimonials

to be. That's how truly great everyone made me feel. I cried after the surgery, I cried tears of joy due to my amazing results. I was so uncomfortable, for so many years. I don't mean to sound vain, but I was afraid to do anything sexually, I was embarrassed, I was uncomfortable, and 10 months after the surgery, I can tell you I feel GREAT. The results are remarkable. Especially considering the little time frame I experienced some pain and discomfort. After a month I was pretty much completely back to normal in every way. And after 3 months, I was back in the gym, had a boyfriend (which I was afraid to have prior to the surgery), and CONFIDENT. I never, ever, in my life thought I would be confident enough to have sex. My life changed after this surgery, for the better. I was so afraid to move forward in life and nearly haunted by my outer lips. I know it sounds dumb but what can I do? It's how I feel. There's nothing I can do about how I genuinely feel and have felt since I was about 13. I am 21 and was 21 going into the surgery. I was terrified. But EVERYTHING went great. Like I said, I was thoroughly taken care of by you and your staff before and after the surgery. If results aren't exactly what you want them to be, post op, you will help to get us there. It's not an easy surgery, and nothing will ever be perfect, but your team will not stop until I am happy.

I can't thank the office and you, Dr. Alinsod, enough for what you've done for me. I am so fortunate to have had a great experience and I wouldn't recommend another surgeon to do my labial surgery anywhere else. If I lived far I would fly to Los Angeles to get it done with you if necessary. You are the best. Your staff is the best. Like any surgery, this is a serious one and not to be messed with. Nobody should walk into any

office and rush into it. I don't want to mention any names but I did sit down with a big Beverly Hills doctor prior to meeting you and I'll tell ya, I left hysterical and in tears. The meeting made me extremely uncomfortable. I felt like the staff and the doctor didn't give 2 craps about who I was, the meeting was the least bit personable, and I was just another young girl getting vagina surgery done. That's honestly how I felt. I was devastated! Here I was, at the so called best office in LA, and I had a gut feeling something was off. I did my research and met with you and was immediately comfortable. I drove from LA to Laguna Beach to meet with you, and eventually get my surgery done, and boy, it was worth it. I want to thank you, Dr. Alinsod, and your staff because they are truly amazing. This isn't an easy process, but 3 months down the road, my life has changed for the better. I am not encouraging surgery but if it's something other women must do, as I have done, I am encouraging all to go to you, Dr. Alinsod. Go ahead and let others read this heart felt letter. Sincerely, anonymous and grateful



## Patient Testimonials

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For years I knew I wasn't the same as before I had my children. But I thought it was something that all women faced. My husband always said I was just fine, but I just felt too "loose". My husband and I have a lot of fun years ahead of us and I knew I wanted to do something. I started to research Vaginalplasty and all the different Physicians and clinics in the U.S. But when I spoke to Dr. Alinsod for the first time I felt very sure I was making the right choice.

The day I was scheduled for surgery, his office staff did everything they could to make me feel comfortable, and Dr. Alinsod made sure that all my questions were answered which totally put me at ease. 6 weeks after the surgery, I can't believe how great I feel and how my husband is more than ecstatic. Our sex life is great, and the only regret I have is that I didn't do this sooner. Thank you Dr. Alinsod! -- ML





## Comparative Chart

Micro Tumescant Vaginal Rejuvenation (MTVR) compared to Laser Vaginal Rejuvenation and Designer Laser Vaginoplasty (LVR and DLV)

	MTVR	LVR AND DLV
Years Of Experience	20+	Highly Variable
International Training Program	Yes	Yes
Advanced Pelvic Reconstruction	Yes	Not Available In Most
Ellman Radiosurgery	Yes	No
Cool Tip	Yes	No
Laser Skin Resurfacing	Yes	Not Available In Most
IR and RF Skin Tightening	Yes	Not Available In Most
IPL Fotofacials and Hair Reduction	Available	Not Available In Most
980 Diode Laser	No	Yes
Hot Tip	No	Yes
Lateral Heat Damage	Microns	Millimeters
Tissue Damage	Minimal	2 <sup>nd</sup> Degree Burns
Surgical Location	Office In Most	Surgery Center/O.R.
Surgical Suite Fee	Included	Additional Fee
Anesthesiology Fee	Included	Additional Fee
Airline Ticket Refund	OneWayOnlyUpTo\$200	Not Available In Most
Average Savings	\$2,500 And Up	-----
Anesthesia	Topical / Local	General in Most
Awake	Yes	No
Need For I.V.	No	Yes
Post Op Recovery	15 Minutes	1-2 Hours
Post Op Pain For The First 8 Hours	Minimal To None	Mild To Moderate
Post Op Pain For The First Two Weeks	Mild To Moderatel	Mild To Moderate
Full Recovery	Six Weeks	Six Weeks
Beach Resorts	Laguna Beach Area	Not Available In Most
Five-Star Resort	St. Regis	Not Available In Most
Airport Service	Taxi or Limo	-----
Concierge Service	Available	Not Available In Most



Outstanding surgeons who are leaders in their fields come to train with Dr. Alinsod every month. The Alinsod Institute for Aesthetic Vaginal Surgery, a division of South Coast Urogynecology, has twin goals of excellence in surgical repairs and excellence in surgical training of doctors. This free flow of ideas generates innovation and cutting edge care.



## IN THE NEWS!



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## Contact Us



Red M. Alinsod, M.D., FACOG, FACS, ACGE  
South Coast Urogynecology, Inc.  
Alinsod Institute for  
Aesthetic Vaginal Surgery  
31852 Coast Highway, Suite 200  
Laguna Beach, CA 92651

Tel: (949) 499-5311

Fax: (949) 499-5312

[www.urogyn.org](http://www.urogyn.org)

[www.thermiva.org](http://www.thermiva.org)

[www.thermi-o.org](http://www.thermi-o.org)

[www.vaginalrejuvenationtraining.org](http://www.vaginalrejuvenationtraining.org)

[www.emsellalagunabeach.org](http://www.emsellalagunabeach.org)

[red@urogyn.org](mailto:red@urogyn.org)



