Aesthetic Surgery of Female Genitalia: A Plastic Surgery Perspective

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DISCLOSURES

No relevant financial relationships with a commercial interest
WHO AM I?

- Board Certified by American Board of Surgery
- Board Certified by American Board of Plastic Surgery
- Member of ASPS
- Member ASAPS
- Former faculty at Johns Hopkins School of Medicine
- Practicing 9 years

SPECIALTIES WORKING TOGETHER

What we do

What we do NOT do
WHY?

- Styles & fashion
- Popularity of waxing & hairless trend
- Primarily cosmetic in nature “meat curtains”
- Complaints of rubbing with cycling & running
- Complaints of feeling “bulky” in yoga clothes
- How a woman perceives her genitals may have a positive effect on sexual function
- Possible insurance with preapproval CPT 56620
- Congenital, puberty, pregnancy, age


“Vaginas Under Attack”?

- Cosmopolitan Magazine Cover July 2010
- Vaginas Under Attack: Don’t Let a Greedy Gyno Talk You into This Horrible Mistake
- Perception doctors are encouraging patients
- Women are actively seeking this procedure
- Ethics of safety & marketing of cosmetic vaginal surgery has been raised
- Reports of cosmetic procedures on external genitals in both plastics & gynecology date to 70’s-80’s

PLASTICS LEADERS & MENTORS

Dr. Gary Alter: Board Certified Urology & Plastics
Beverly Hills, NYC

Dr. Christine Hamori: Board Certified Plastics
Duxbury MA

Dr. Frank Lista: Board Certified Plastics
Ontario Canada & USA

Dr. Lina Triana: Board Certified Plastics
Cali Colombia

WHO ARE THE PATIENTS?

- Not strippers or porn stars
- Ranging from professional women to students
- Wide age range, 20-50
- Wait until sexual maturation & work with gynecologist
- Most patients very thoughtful & weren’t aware this was an option until they researched it or friend told them
PROCEDURES:

- Labiaplasty: labia minora reduction
- Labia majora deflation
- Labia majora excision
- Clitoral hood reduction
- Vaginal tightening
- Hymenoplasty
- Perineoplasty
- Fourchette area
- Laser treatment

PROCEDURES:

- Labiaplasty: labia minora reduction
- Labia majora deflation: fat grafting, filler
- Labia majora excision: massive weight loss
- Clitoral hood reduction
- Vaginal tightening
- Hymenoplasty
- Perineoplasty
- Fourchette area
- Laser treatment
LABIAPLASTY: Labia Minora Reduction

Patient Presentations


- **Wedge Excision:**
  - Avoids scar along edge
  - More technical/challenging
  - Less scalloping
  - Possible mismatched pigmentation
  - Remove protuberant portion

- Extension to clitoral hood (Alter)
- Extension laterally to interlabial groove (Hamori)
LABIAPLASTY: Extension to clitoral hood


LABIAPLASTY: Extension to Interlabial groove

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LABIAPLASTY: Extension to Interlabial groove
LABIAPLASTY: Extension to Interlabial groove
LABIAPLASTY: Labia Minora Reduction

- Edge resection or “trim”:
  - Pigmentation concerns
  - Faster procedure
  - No dog ear
  - Scalloped edges

LABIAPLASTY: Labia Minora Reduction

- Many different techniques
- Complications, revisions!!!
- High patient satisfaction (92%)
- Improved confidence, sex life
- Recovery
- Controversial issues
- Teenagers
- ACOG Committee Opinion 5/2016
- Education of anatomy & puberty, assess maturity, screen BDD, discuss non surgical options

LABIA MAJORA

- Labia majora deflation: fat grafting, filler?

Hamori CA. Aesthetic surgery of the female genitalia: labiaplasty and beyond
LABIA MAJORA

- Labia majora excision: massive weight loss


ASSOCIATED PLASTICS PROCEDURES

- Pubic lift for ptosis
- Liposuction of the mons pubis
- Often performed with abdominoplasty and/or liposuction
CONCLUSIONS

- Aesthetics of female genitalia has become an area of increasing concern to women
- Women seem to prefer: hairless, neat, no labial show past labia majora
- Labiaplasty is most common procedure in aesthetic vaginal surgery
- Labiaplasty may be performed via wedge excision or edge trim
- Proper technique is critical

CONCLUSIONS

- Excess clitoral hood may be addressed with extension of wedge excision
- Labia majora may be enhanced with fat injection, filler/off label (minimal skin excess but deflated)
- Sometimes excess labia majora skin may be excised (massive weight loss patients)
CONCLUSIONS

- Cosmetic vaginal surgery often results in significant patient satisfaction
- Changes in patient confidence
- Some of my most grateful patients

IMPORTANT REFERENCES


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DISCUSSION & MANY THANKS!

- Debate
- Confluence of different specialties, techniques, opinions