

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

South Coast Urogynecology

The Women's Center

31852 Coast Highway, Suite 200

Laguna Beach, California 92651

949-499-5311 Main

949-499-5312 Fax

www.urogyn.org

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

External Vaginoplasty refers to the trimming of labia minora, more commonly known as the lips of the vagina. Some women have very long, unequal labia minora which may be bothersome or may interfere with sexual gratification. More commonly the unsightly appearance of the excess skin causes psychological damage that results in the loss of sexual desire for both partners. Women who have this excessive skin are often so embarrassed by it that it may take years before they discuss it with a friend and even longer before they seek correction of the problem.

If you have this problem it can be taken care of very easily. External vaginoplasty is a simple in-office procedure under local anesthesia. The excess skin is carefully removed during a procedure that takes about thirty minutes. It takes about 2-3 days to recover from the procedure, with swelling lasting a week or two. The end result is a more youthful appearance, improved sensation and a more comfortable and confident sex life.

Vaginal Rejuvenation Vaginoplasty refers to the posterior reconstruction of the vaginal vault and perineum, making the vagina smaller and pelvic floor stronger to assist in achieving the youthful

gratification of sexual activity.

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. The vaginal vault and pelvic floor are stretched, dilated, pelvic muscles become too relaxed, loose strength and tone, and you lose some or all support and control. The vaginal vault becomes stretched and it loses the dilating effect during sexual intercourse and you no longer have the ability to contract, squeeze and relax your vaginal muscles at will. Vaginal rejuvenation vaginoplasty typically tones vaginal muscle and strengthens the pelvic floors, resulting in greater contraction strength and control, thereby enhancing the sexual experience for the man and the woman.

The surgery is a standard gynecologic vaginal procedure where the vaginal vault and pelvic floor are made smaller, and the foundation muscles of the vagina are made stronger. The G-spot which lies in the anterior proximal vagina is not affected by this procedure. Also at this time another problem that can make sex very uncomfortable can be corrected. Some patients may have an enterocele or rectocele, which is a hernia of the bowel or rectum in the vaginal vault which may protrude via the vaginal opening. During vaginoplasty this hernia can be repaired, the pain eliminated, and satisfaction during intercourse restored.

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

These descriptions have been collected from various sites on the internet and are of descriptive nature. Please contact the appropriate surgeon for more details