

PATIENT INFORMATION

Labia **plasty**

Reduction of the inner labia
A day case procedure

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This booklet explains labiaplasty, from deciding whether it is right for you to your recovery.

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01 Why you have this booklet

You've been given this booklet because you've talked to Mr Kumar about labiaplasty, or you're about to.

It explains what the procedure involves, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What labiaplasty is

Labiaplasty reduces the size or changes the shape of the labia minora, the inner folds of skin around the vaginal opening. Labia vary greatly in size and shape, and almost all are normal. Some women have discomfort during exercise, cycling or sex, or from clothing; others feel self-conscious. Both are valid reasons to seek advice.

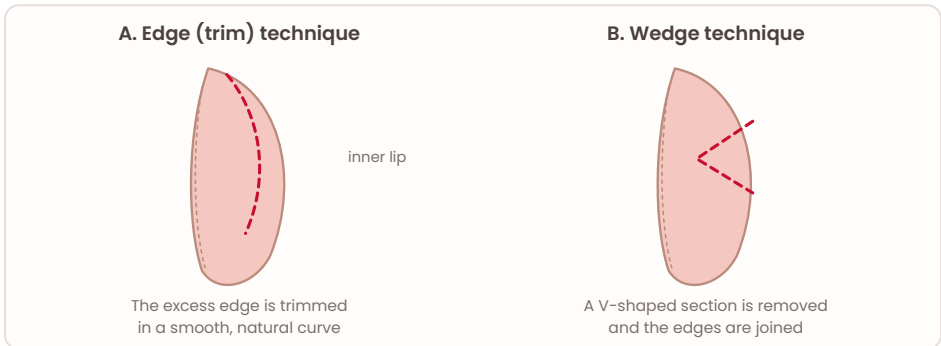


Figure 1. The two main techniques. A simplified drawing for guidance only.

Edge (trim) technique

The excess edge is trimmed in a smooth curve.

Wedge technique

A V-shaped section is removed and the edges joined, keeping the natural edge.

03 Is it right for you?

You're likely to be a good candidate if:

- ✓ you have physical discomfort or are self-conscious
- ✓ you are over 18
- ✓ you are making the decision for yourself
- ✓ you have realistic expectations

What the operation won't do

- It won't tighten the vagina.
- It won't improve sexual function, although some women feel more comfortable.

Please tell Mr Kumar if you have, or have had

- you smoke
- blood thinners or a bleeding disorder
- recurrent infections such as thrush or herpes
- previous surgery in the area
- you are pregnant or planning pregnancy soon
- body dysmorphic disorder, or significant distress about your appearance

04 Other options

You don't have to have this operation. Depending on what bothers you, the alternatives include:

- looser clothing and different underwear
- reassurance that the appearance is normal
- doing nothing.

05 What you can expect from the result



06 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- ✓ **stop smoking** at least 4 weeks before and after
- ✓ **stop aspirin and supplements** about a week beforehand
- ✓ **have loose cotton underwear** and sanitary pads at home
- ✓ **arrange for someone to take you home**

07 Anaesthetic and where it happens

Labiaplasty can be done under local anaesthetic, with or without sedation, or under general anaesthetic. You go home the same day.

08 The operation

The procedure takes about 1–1½ hours. The tissue is trimmed or a wedge removed, and the edges are closed with fine dissolving stitches.

09 Straight afterwards

The area will be swollen and sore. Use cold packs wrapped in a cloth and rest with your legs slightly raised.

10 Recovery

When	What to expect
Days 1–3	Swelling and soreness. Rinse after using the toilet and pat dry.
Week 1	Most return to desk work. Avoid tight clothing.
Weeks 2–3	Stitches dissolve; swelling settles.
Weeks 4–6	Return to exercise, cycling, swimming and sex.
3 months	Final result.

11 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON

more than 1 in 100

UNCOMMON

1 in 100 to 1 in 1,000

RARE

1 in 1,000 to 1 in 10,000

VERY RARE

fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling and bruising, which can be quite marked for the first week.
- Soreness when passing urine for a few days.

Other complications

- **Wound opening** **UNCOMMON**
Part of the wound may separate; it usually heals but occasionally needs repair.
- **Collection of blood (haematoma)** **UNCOMMON**

- **Infection** **UNCOMMON**
Usually treated with antibiotics.
- **Asymmetry or an irregular edge** **UNCOMMON**
A small revision is occasionally needed.
- **Changes in sensation or tenderness** **UNCOMMON**
Usually temporary.
- **Too much tissue removed** **RARE**
Can cause dryness or discomfort, and is difficult to correct.

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

12 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

13 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

14 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

15 Your decision

This is your decision and you have the right to:

- ✓ take as long as you need to decide, and bring someone with you to appointments
- ✓ say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ✓ ask for a second opinion from another surgeon.

16 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

17 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Contact us promptly if you have

- heavy bleeding or rapidly increasing swelling
- redness that is spreading, discharge or a temperature
- being unable to pass urine

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

18 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

[illegible]

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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