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## **Female Genital Procedures**

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## What are Female Genital Procedures?

Female Genital Procedures are different surgical procedures done to rejuvenate and improve the aesthetic appearance of the female genital area or to tighten the vagina after childbirth to improve the sexual function. Another non-surgical procedure can be done to relieve vaginal spasm if you are experiencing difficulty in your sexual relationship. These procedures will let you regain your self-confidence and pleasure.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

A detailed interview is conducted with our medical team covering the following:

### Types of surgeries:

Labiaplasty or Reduction of Labia Minora: In this procedure the inner lips of the private area or labia minora are surgically reduced in size if they are large, elongated, or asymmetric and causing you discomfort.

Fat Injection of the Labia Majora: If the outer lips or Labia Majora have lost their puffiness, skin elasticity or have become flattened, their rejuvenation will be done by injecting fat to give them more volume and a better younger appearance. The fat will be harvested by liposuction of an area of your body, like the abdomen, flanks, or thighs, then the fat will be processed and injected into the labia majora.

Vaginal Tightening or Vaginoplasty: If the vagina has become loose by time or after childbirth. Surgical tightening can be done to the vaginal wall.

Hyaluronic Acid Filler Injection of Labia Majora: This procedure is usually done in our center to give the outer lips instant volume increase, plumpness, and shape improvement through simple filler injections. You might need to repeat them every 12-18 months as the filler is absorbed by the body.

Vaginismus or Vaginal Spasm: In case you have vaginal spasm, pain, discomfort, and the inability to perform intercourse or vaginal penetration. Simple in office injections of botulinum toxins can help you relax your vaginal muscles and improve your sexual relationship.

- Review of your medical history, previous surgeries and past or current conditions, such as dry vagina, vaginal infections, allergies, circulatory problems, thyroid problems and diabetes.
- Review of the results of the physical examination as well as the laboratory tests
- Photographs of the private area will be taken from different angles.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.

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<sup>1</sup> <https://bit.ly/2BOrdQf>

- Determining where your surgery will be performed and the date of operation.

### Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, 1 week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, 3 weeks before the surgery.
- Arrange for someone to drive you home after surgery.
- Arrange for resting at home for at least 2 weeks after the operation.

### During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. General anesthesia or local anesthesia with sedation is applied to help you relax.
- **Procedure Steps:**

First, a local anesthetic with adrenaline will be injected to induce numbness and decrease bleeding at the surgical site.

Labiaplasty or Reduction of Labia Minora: In this procedure the excess parts of the inner lips or labia minora are removed surgically as we try to make them as symmetrical as possible and aesthetically pleasing, then they will be sutured with absorbable sutures.

Fat Injection of the Labia Majora: The fat will be harvested by liposuction of an area of your body, like the abdomen, flanks, or thighs, then the fat will be processed and injected into the labia majora. The fat will give volume, shape and rejuvenate the skin. We usually leave the small incisions of liposuction open to drain any blood or fluids for a few days.

Vaginal Tightening or Vaginoplasty: Surgical tightening can be done to the posterior vaginal wall where the muscles are sutured, tightened and excess mucosa is removed. The vaginal wall layers are then closed with absorbable sutures, which you will not need to remove later.

Hyaluronic Acid Filler Injection of Labia Majora: This procedure, the outer lips are treated by simple filler injections to give them instant volume and fullness. You might need to repeat them every 12-18 months as the filler is absorbed by the body.

Vaginismus or Vaginal Spasm: Simple in office injections of botulinum toxins can help you relax your vaginal muscles and improve your sexual relationship. You might need to repeat them every 6 months if your symptoms persist when the effect of the injections wear off.

- vaginal incisions are typically closed with absorbable sutures. Most of the time you will not need to remove the sutures as they are absorbed on their own.
- The surgery lasts for 1-4 hours depending on the surgical details and patient's situation.

### After the Surgery

- In most of the cases, you can leave the hospital or our center, later the same day of the operation, or else as needed.
  - Stitches are absorbable and will not be removed.
  - You may temporarily experience:
    - Pain
    - Bleeding which may persist for a few days
    - Discomfort
    - Swelling
    - Numbness
    - Bruising

### Post-Procedure Precautions

1. Gently clean your private area with a diluted betadine solution or vaginal wash as prescribed by the medical team after each urination and bathroom visit.
2. In some cases, you may be advised to do Sitz baths (soak the perineal are in clean warm water) for about 15-20 minutes, 2-3 times daily.
3. Walk slowly. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
4. Avoid climbing stairs for a few weeks.
5. Avoid tight clothing.
6. Avoid intercourse or any vaginal penetration for 6 weeks after surgery until healing is complete.
7. Avoid smoking.
8. Avoid rubbing your private area.
9. Avoid aspirin, ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, others), naproxen (Naprosyn), and other medications or herbal supplements, for one week after the surgery, as this may increase bleeding. Stick only to the medication prescribed by our medical team.
10. Limit your dietary salt intake to help faster swelling recovery.

## Recovery and Results

- Results of female genital procedures will be long-lasting. While there usually is little pain involved in this surgery, there can be swelling or bruising. Most patients recover after 3 weeks in case of vaginal tightening, labioplasty or fat injection of labia majora. However, it may take a few months before final healing is completed.
- Scars from the surgical cuts may take months to fade. But usually, they are not visible.
- In case of Hyaluronic Acid Filler or Botulinum toxins injections, the recovery is less than a week without scars. These procedures can be repeated after 6-18 months if needed.

## Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visit (once a month) during the next 6-12 months.

## Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of female genital procedures are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Generally, the risk associated with these procedures is minimal and rarely occurs. However, possible risks include:

- Bleeding, which may persist for a few days in case of surgery.
- Infection
- Dry, irritated vagina
- Sensitive scar
- Noticeable scarring
- The need for future procedures

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## Medication

R/Tavanic 500 mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40 mg	One tablet before breakfast for 10 days

### Cited in:

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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