

# Labia Reduction



LINIA

0800 170 71 71

EXPERTS IN COSMETIC SURGERY

[www.liniacosmeticsurgery.co.uk](http://www.liniacosmeticsurgery.co.uk)

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## WHAT IT IS?

Every woman's body is different in shape and size, and what worries one woman will not necessarily concern another, but it is not uncommon for a woman to feel unhappy with the appearance of the inner lips of her vagina (labia minora) especially if they are asymmetrical, long, or bulky. This may be inherited or just follows childbirth.

As with other problem areas, any feelings of discomfort can have adverse effects on self-confidence and personal relationships. Enlarged labia can lead to discomfort wearing certain clothing, exercising or having sex. The protuberant and abnormal appearance can be bothersome and distressing.

Labia reduction reduces the labia to a level that the patient finds acceptable.

## WHAT DOES THE PROCEDURE INVOLVE?

The surgeon will carefully trim and reshape the labia to create a natural look, avoiding any damage to surrounding nerves and tissue.

The procedure can be performed either under local anaesthetic or "twilight" sedation. In most cases this avoids the need for an overnight stay in hospital.

## WHAT ARE THE RISKS AND LIKELY AFTER-EFFECTS?

Cosmetic Surgery, like any other surgery, involves a "trauma" to the human body and there are risks associated with any procedure. Each woman's body is different, and your general health, level of fitness, age and genetic profile will all have an effect on the speed of healing and also on the risk of side-effects.

If you smoke, drink alcohol, are overweight and/or take drugs for medical or other reasons, the risk of complication during and after surgery can be greatly increased. Smoking, in particular, is discouraged because it increases the risk both of infection and thrombosis (blood clots).

After any surgery it is normal for all patients to experience swelling, bruising and numbness. This decreases gradually in the days and weeks afterwards.

## WHAT WILL HAPPEN AFTER THE OPERATION?

### Post-Op

Your surgeon will see you when you have come round from the anaesthetic to check that all is well, and will discharge you providing you are fit to return home. You will be given medication and full post-operative instructions along with appropriate telephone numbers in case you need to contact us at any time.

On returning home you will need to use ice packs or cold compresses to help reduce the swelling.

### Week 1 - 2

You will see the nurse after 7-10 days so that she can check your progress. Penetrative sex is best avoided for at least 2-3 weeks after the procedure, and tampons should also not be used.

### Weeks 8 - 12

You will see your surgeon once more at between 8 and 10 weeks after your operation for a full post-operative consultation.

*Please note that due to the personal nature of this procedure we are not able to provide before and after photographs.*

## FULL POST-OPERATIVE COVER

We're confident that you will be delighted with the results. For that reason, we guarantee that we will provide post-operative cover for a full three years after your procedure. It's our way of ensuring that you have peace of mind and confidence in Linia.

## PERIOD OF REFLECTION

Cosmetic surgery is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making a decision to proceed. Linia recommends that, following consultation with your surgeon, you allow a period of at least fourteen days before making a decision.

General matters pertaining to cosmetic surgery.

**1. Expectations and limitations:** Cosmetic surgery may satisfy many needs and often provides inner confidence. It may enhance your quality of life significantly. It is however, not the answer to all of life's problems. It is vital to understand the limitation of such surgery. The purpose of cosmetic surgery is to improve one's appearance. But do not expect miracles. Most patients understand these limitations and have a realistic view of what may be achieved. Wrong expectations and over expectations may lead to disappointment. Being realistic brings satisfaction.

**2. General risks of Surgery and Anaesthesia** such as blood clots, chest complications, pain and discomfort, infection, swelling, bruising, bleeding and haematoma, seroma, problems in the healing process, numbness, sensitivity etc.

**3. Subjective Nature of Cosmetic Surgery:** It has been emphasised that, the final assessment of the result is a matter of subjective opinion. Hence, while a probable expected result has been advised, this is in no way a guarantee of a good result.

**4. Scars:** All surgery involves creating some scars. Although these are placed in locations to hide, any scar, in theory, can become prominent. It normally takes 12-24 months for scars to fade away completely.

**5. Time lag for final results:** Every operation is followed by a period of healing, before tissues return to normal and the final result is apparent.

**6. Numbness:** Loss of sensitivity is a consequence of all surgery and it takes time for normal sensation to return.

**7. Revisions and Refinements:** Every operation may sometimes need more refinement to achieve a satisfactory end result.

**8. General Asymmetry:** Every human body is asymmetrical between left and right sides. This normal difference will persist after the surgery.

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