

Labiaplasty – Patient Information Leaflet

What is Labia Minora Plasty?

Labia Minora Plasty, also known as labiaplasty, is a surgical procedure to reduce or reshape the inner lips (labia minora) of the vulva. Women may choose this surgery for:

- Physical discomfort (chafing, pulling, or pain during exercise, sitting, or intercourse)
- Hygiene issues
- Aesthetic reasons or personal preference

This is a customizable and safe procedure when performed by trained professionals.

You may consider labiaplasty if you experience:

- Chronic irritation or infections
- Labial asymmetry
- Bulging labia visible through clothing
- Pain with exercise or intercourse
- Desire for a more compact or symmetric appearance

Labiaplasty does not affect Sexual sensation (when done properly) , urination Fertility & Menstrual cycle.

Types of Techniques

1. Edge Trim (curvilinear incision)

Removes the excess labial tissue directly from the edge. Simple and quick.

2. Wedge Resection

A triangular portion is removed from the thickest part; preserves the natural edge.

The choice depends on your anatomy, preferences, and surgeon's recommendation.

What to Expect??

Before Surgery

- Consultation to discuss expectations and options
- Blood tests
- Avoid blood thinners 5–7 days before surgery

During Surgery

- Done under local anesthesia with sedation or general anesthesia
- Procedure takes about 30–60 minutes
- Same-day discharge in most cases

After Surgery

- Mild swelling, discomfort, or bruising for 1–2 weeks
- Pain medication and topical ointments advised
- Resume routine activities in 2–5 days
- Avoid intercourse, tight clothing, or cycling for 4–6 weeks

Possible Risks

While labiaplasty is generally safe, some rare risks include:

- Bleeding or infection
- Scarring
- Over- or under-correction
- Loss of sensation (rare with skilled technique)
- Asymmetry
- Need for revision

Benefits

- Increased comfort and confidence
- Easier hygiene
- Improved appearance and self-esteem
- Relief from tugging or irritation

Tips

- Always choose a qualified aesthetic gynecologist or plastic surgeon experienced in this procedure.
- Understand realistic outcomes.
- Healing varies from person to person—be patient with the process.



Have Questions?

We're here to help you make an informed decision. If you have any questions or wish to schedule a consultation, contact: