

Short Communication

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CO2 Laser Labiaplasty

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Introduction

Women with hypertrophic or prominent labia minora may have hygiene problems, irritation, infection, discomfort when performing some sports activities and dyspareunia. In the case of alterations of the labia majora, they may present hypertrophy, atrophy, or aging. All this causing functional and psychosocial disorders, lack of self-esteem, loss of libido and depression.

Nowadays, aesthetics matter more and more and women are more concerned about the appearance of the intimate areas. Labiaplasty allows the lips of the female genitalia to be intervened to satisfy the needs of the patients.

There are various surgical techniques of labiaplasty, depending on the alteration to be treated. In the case of the labia minora, the most common is the reduction of those segments that protrude from the labia majora. As for the labia majora, the most common is to correct the appearance of aging by increasing volume.

Technique

The patient is asked to go previously shaved in the genital region to avoid the discomfort caused by hair when performing the sutures. The patient lies in the gynecological position. For the reduction of the labia minora, a drawing is made marking the internal and external or posterior area where the incisions are going to be made, seeking the greatest possible symmetry. Subsequently, asepsis and antisepsis of the region are carried out with Isodine and local anesthetic infiltration with a mixture of xylocaine 20ml + ½ amp of adrenaline + 30ml of physiological solution, traction is performed with a surgical forceps.

Pen Rochester, using the longitudinal technique and, as a cutting instrument, a CO2 laser at an energy of 4 or 5 watts with which the cut and coagulation is performed.



After removing the excess tissue, an exhaustive hemostasis of the bed is performed. Subsequently, the lips are closed with 4-0 chromic Catgut with external continuous stitches.



Figure 1 and 2: Before and after. Reduce Labia Minora And Laser

If it is also necessary to correct the labia majora, this is done through autologous fat lipotransfer, previously obtained from the crotch area, under asepsis and antisepsis techniques and local anesthetic infiltration.



Figure 3 and 4: Lipotransference in the Labia Majora

Additionally, we perform Erbium + CO2 laser, to reduce hyperpigmentation of the genital area, thus obtaining better aesthetic results.



Figure 5 and 6: Clearance of the Inner Thighs

References

1. Deffieux F, Leonard H, Fernandez E (2010) Reduction nymphoplasty for labia minora hypertrophy, EMC- Obstetrics-Gynaecology 46: 1-8.
2. S Vicente Solá D, Guillermo Galán C, Luis Contreras, Jack Pardo (2015) Original Works Genital labiaplasty, experience and results in 500 consecutive cases. Rev Chil Obstet Ginecol 80: 394-404.

Post-Surgical Treatment

Analgesic and antibiotic treatment is indicated during the first week and relative rest is recommended during the first 48 hours. During the first month, it is indicated not to wear tight clothing, play sports or activities that involve local friction and continuous contact with water, as well as refrain from having sexual relations.

This procedure is performed on an outpatient basis and patients usually return to their regular activities within the first week.

Conclusion

The labiaplasty procedure allows the patient to obtain benefits such as improving sexual relations, self-esteem, hygiene, problems with tight clothing disappear, improves the practice of sports, and does not affect pregnancies or childbirth [1,2].



Before After

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