

Vaginal Rejuvenation

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Female genital plastic surgery is relatively new among cosmetic procedures within plastic surgery and can be performed surgically or through erbium and/or neodymium lasers, as well as the injection of autologous fat and the application of hyaluronic acid in some areas.

These treatments promise an improvement in the female sexual relationship, for this reason there are more and more women who undergo surgery for the personalized design of their vulva or vagina that includes: rejuvenation of vaginal lips, recovery of the hymen among others.

There are more and more women who undergo surgery for the personalized design of their vulva or vagina, due to vaginal relaxation causing loss of tone, elasticity, and control of the vaginal muscles, being a common problem among adult women.

After the age of 30, collagen production is reduced, which is why aging, childbirth and menopause are its most common cause.

Surgical Techniques for Vaginal Rejuvenation

Perineoplasty and Vaginoplasty are used to correct the widening of the vagina, an unwanted consequence of childbirth, aging, or muscle deterioration. It is a simple intervention carried out through the vagina, narrowing without muscular repercussion. It is performed under epidural anesthesia. The duration of the intervention is approximately one hour, not requiring hospitalization, and the recovery period is several weeks.

Vulvar Lipoplasty

It is a liposuction procedure that is performed in the pubic region and other areas such as the upper part of the labia majora and the mons pubis. The result will be a more attractive external contour of the vagina since excess adipose cells will have been eliminated from these areas. Obtaining a flatter mons pubis by making that part of the body look attractive with a bikini or fitted clothing.

Reduction of the Labia Minora

This procedure is carried out to correct the growth of the labia minora, which, regardless of age and heredity, develop causing discomfort in young patients, during sexual intercourse, with the use of tight clothing or exercise. The reduction is carried out with an Erbium laser, which allows an immediate recovery without discomfort for the patient.

The G Spot

An injection of hyaluronic acid in the G-spot area makes it more prominent, improving a woman's satisfaction and pleasure during sexual relations. Hyaluronic acid can also be applied to the vaginal canal, increasing the vascularity and collagen of the area, making it moister.

This treatment lasts approximately 1 year, its effect is immediate, and it has no risk for the patient. The application can be repeated as many times as necessary. The procedure does not require rest, does not bleed, and is performed under local anesthesia.

Hymenoplasty

This is surgery that repairs the hymen and "revirginizes" the woman. It is a simple procedure that is performed under local anesthesia, is an outpatient procedure and is not bothersome for the woman. There is no age limit or number of times that the patient wishes to do it. Generally, patients who request hymenoplasty before and after want to recover the original state of the hymen for cultural or religious reasons. During the seven days prior to hymenoplasty before and after, the patient must avoid taking antiplatelet medications, as well as anti-inflammatories during the three days prior.

Regarding the care that should be taken after a hymenoplasty before and after, it is worth noting that during the 48 hours after surgery you should rest relatively and follow the pharmacological treatment indicated by the specialist.

Vaginal Tightening

Vaginal tightening is a treatment for those women who do not want surgical intervention and who after childbirth or over the years feel that their vaginal canal is wider and sexual intercourse is not as pleasant as before. It is completely outpatient, it is performed with local anesthesia, it does not require recovery and the Neodymium laser is used.

Obtaining after 5 sessions a reduction of approximately 3 to 4 cm of the diameter of the vaginal canal. Being able to return to their activities immediately and to their sexual activity after 10 days. Urinary Incontinence. It is well known that many women after childbirth or with age have a decrease in the posterior wall of the bladder. This causes small amounts of urine loss with small efforts such as laughing, exercising, or simply getting up, which is painful and annoying.

Nowadays this problem can be corrected without the need for surgery. With the application of the Neodymium laser in just 3 sessions, urinary incontinence is solved in more than 70% of patients, without anesthesia, surgery, or recovery periods. But most importantly without pain.

Clearing of the Vaginal Region

Lightening skin that has become dark over the years due to multiple factors can be achieved with the application of the Erbium laser. It is a simple procedure; no rest is required and in one or two sessions the patient recovers the natural color of her skin. Increasing your self-esteem and confidence when wearing small clothes or being with your partner.

Conclusion

As you can see, rejuvenation of the vaginal region is extensive and is not limited to a single procedure. The prior assessment of the patient is very important as well as the understanding of what the procedure to be performed and the result to be obtained will be. It is very common for the patient to look for magical results or those that influence their love life, which is why we must explain step by step and realistically the scope of these procedures. We should not let time pass waiting for things to improve on their own, we must look for them to make them come true [1-13].

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