FAQ

(Labiaplasty)

**What is labiaplasty?**

Labiaplasty reduces and reshapes the small inner lips (labia miniora). Many women are born with large or irregular labia. Others develop this condition after childbirth or with aging. Women are all different and it’s important to say that all labia sizes and shapes are normal. This procedure is for women that are unhappy with the size and shape of their labia and want to make a change.

**What are the most common reason women choose labiaplasty?**

Women may choose labiaplasty if they…

are embarrassed about the size of their labia and want to look more like the women they see in magazines and or in films.

get chronic irritation from wearing tight clothing or pain from pulling and pinching during sex, sports or other physical activities.

loose confidence or have self esteem associated with the size or unevenness of their labia.

don’t like how they look down there in tight clothing, work-out clothes or bathing suits.

have dark pigmentation they don’t like on the edges of their labia minora.

Should I wait until I have completed my family before I have labiaplasty?

You don’t have to wait until you have finished having children for labiaplasty. As long as you are completely healed, child-bearing should have no apparent effect on your labia.

**Will insurance cover my procedure?**

Insurance will not cover the cosmetic laser reduction labiaplasty that Dr. Hayes performs. It is considered cosmetic. Be sure to have a qualified, trained and experienced surgeon perform your labiaplasty. More and more doctors are doing labiaplasty for their patients without adequate training or experience and they are not getting the results they expected. Patients are then disappointed and seek revision surgery. Patients seeking revision surgery have increased dramatically over the past 5 years.

**Why is the laser a good tool to use for labiaplasty?**

The laser, in skilled hands, is a very valuable tool for labiaplasty. It’s an extremely precise optical knife. Unlike a scalpel or metal surgical knife, the laser cuts with light and is designed to seal off small blood vessels as it passes over the skin’s surfaces. This makes for a nearly bloodless procedure, allowing you to heal faster with less inflammation and less post-op pain and reduced scarring.

**How soon can I have sex after labiaplasty?**

We ask that you wait 6 weeks. This is very important. It gives your body the time it needs to heal and fully recover.

**Can Labiaplasty be combined with Laser Vaginal Rejuvenation® vaginal rejuvenation or with other procedures?**

Yes. You can have labiaplasty with reduction of excess prepuce (the loose skin lateral to the clitoris, not on the clitoris), vaginal rejuvenation and perineoplasty all done in the same procedure. We can also work with plastic surgeons who can provide you with an additional procedure options. Breast augmentation and tummy tuck are the most common. We have also combined labiaplasty with robotic hysterectomy, urterine suspension, polyp removal, sling surgery, D&C, Essure, Hysteroscopy, and others. Dr. Hayes is a board-certified gynecologic surgeon so she can take care of other issues you may be having at the same time.

**I am from out of town. How long do I have to remain in Tampa Bay after laser reduction labiaplasty/labioplasty?**

We have Concierge Service for women traveling here from out of town and can help with your accommodations. You can usually return home in 2 days after your surgery day. You will have a post op appointment with Dr. Hayes prior to going home so that she can make sure you are on your road to recovery. You must not drive until given the clearance at your post op appointment. Dr. Hayes would like to see you again during your healing time but realizes that sometimes distance will not allow for a final 6 week visit. We will keep in touch with you and have you keep us apprised during you’re recovery. Following our post-op instructions will always give you the best results.

**When can I return to work after labiaplasty?**

In general returning to work is dependent on the type of work you do. Most patients can return in one week. If your job requires a high degree of walking or physical exercise, we will customize a recovery plan for you.

**Where is the labiaplasty procedure performed?**

The procedures are performed at an outpatient surgery center. Most cases are done right across the street from our office at Carillon Surgery Center. This is an exceedingly clean & private, nurturing Surgery Center. Our patients have excellent experiences here.

**How long does the labiaplasty procedure take?**

Labiaplasty takes between 1-1.5 hours and is done under general or twilight sedation.