

Labiaplasty (D.O.V.E)

Information

Introduction

Labiaplasty, Laser Labia, Laser Vagina, Clitoral hoodplasty and Perineoplasty are procedures that can be performed individually or in combination to achieve better comfort and function, as well as a neater appearance to the female genitalia. The outer labia or lips (Labia majora), the inner labia or lips (labia minora), the clitoral hood and the vagina are all part of the female genitalia.

What is the normal size of the labia minora?

There is no so-called “normal size.” Like the human nose, every labium of every size and shape is considered normal. No person can dictate the normal size of labia. However, there have been surveys that state most women would prefer their labia minora (inner lips) not to protrude past the edges of the labia majora (outer lips) or hang down between their legs. Most patients report they prefer the labia minora or inner lips to sit inside the outer labia or lips.

Some women develop large or irregular labia minora (inner lips) or asymmetrical labia at, or soon after puberty. For other women, the appearance of the labia minora can be altered by hormonal changes and/or following pregnancy, major weight gain or loss. Occasionally the inner lips or labia minora may be injured during childbirth.

What type of symptoms do patients have with enlarged labia?

Many patients complain of pain, discomfort or irritation during physical activity, sexual intercourse or wearing certain types of clothing, and recurrent infections associated with repeated episodes of chaffing and irritation.

Should I have labia reduction surgery?

No physician, sexual partner or spouse should tell you to have labiaplasty or labia rejuvenation. Only the individual concerned can make that decision. Only you can make the decision to have a procedure, after the surgeon discusses with you the risks, benefits of, and the alternatives to the procedure.

What technique do you use, and why?

Dr Konrat has developed her own unique surgery. The technique she uses mostly is called the "DOVE." This stands for Double Offset V-plasty, Extended de-Epithelialisation. The surgery is a little more complicated than other currently available Labiaplasty surgeries, takes quite a bit longer to perform and takes approximately one month to heal.

This technique is not like the traditional surgical techniques used by most Plastic Surgeons and Gynaecologists today. The DOVE procedure is a surgery designed to have a more holistic approach to the entire genitalia without amputating any full thickness tissues or cutting away any of the delicate and important parts of the genitalia.

The DOVE Labiaplasty technique invented and developed by Dr Konrat is a contouring technique, which allows her to shape and reduce the labia minora or inner lips, excess skin and excess clitoral hood with precision and attention to symmetry.

How much time is required to do the surgery?

The labia rejuvenation procedures usually take about 1 to 2 hours. This may seem like a long time for a small area, but this is a result of slow meticulous attention to detail to achieve the best possible outcome.

How long do the sutures last in surgical labiaplasty?

The sutures or stitches in the skin are made of a delayed absorbable material. They usually dissolve in 6 weeks; The stitches in the deep tissues may last anywhere from 3-12 weeks. Usually, the first stitches in the skin are removed on day 14 after the surgery. Any remaining sutures or stitches will dissolve over time. Occasionally a patient may have retained stitches which are easily removed by our clinic nurse.

How much pain is involved with the surgery?

Though there are no generalised statements about the pain you will feel, most patients don't have much discomfort after the first day. Most patients describe some 'soreness' related to the stitches, then itchiness as the stitches heal, but not much pain. Dr Konrat's patients are prescribed a strong pain-relieving anti-inflammatory medication which enables them to recover in comfort. Patients will have minor swelling for up to 2-4 weeks post-operatively.

We recommend using frozen peas as ice packs during the first 24 hours after surgery, followed by some warm heat packs in the following days after the procedure. Much of the discomfort and swelling is reduced, and routinely most of the swelling has reduced by the end of the first week. The best cold compresses are small bags of frozen peas. Surgical gloves filled with water and then frozen can also provide relief and are well shaped for this function.

Where is the surgery performed?

Surgical labiaplasty is performed in an accredited and Licensed Day Surgery Hospital.

What type of anaesthesia is used?

Patients have the choice of a long-acting local anaesthetic, combined with light sedation. The majority of our patients have their surgery under light sedation. Patients with medical problems may need to have surgery under general anaesthetic.

What if I am unhappy with the results? Will I be charged for a revision?

Although no surgeon can make a guarantee of 100% satisfaction, Dr Konrat will do everything possible to achieve your desired results. If a patient needs to go back to hospital for further surgery following surgical labiaplasty for an unforeseen post-operative complication that significantly alters the expected outcome, Dr Konrat does not charge a surgical fee for this revisional surgery.

However, the patient will be required to pay for the use of the hospital operating theatre and the anaesthetist if one is required or desired.

If the patient would like further surgery unrelated to post-operative complications, then a surgical fee and a day surgery hospital fee will be the responsibility of the patient.

Risks & complications of Labiaplasty

Most patients can expect some bruising and mild discomfort following a cosmetic genital procedure. Ice packs are utilised after the DOVE procedure to help minimise swelling and discomfort, and strong anti-inflammatory pain medication (prescribed by Dr Konrat) can be taken for any pain or discomfort. If swelling or bruising occurs, it usually resolves after a week or two. The final optimal results can usually be appreciated 2-3 months after cosmetic labiaplasty.

Most patients can return to work or studies within a week after Labiaplasty surgery; however, strenuous physical activity is discouraged, and patients are advised to refrain from sexual intercourse for 4-6 weeks after Labiaplasty surgery.

As with any procedure, there are potential risks for complications with Labiaplasty surgery. The most common risks are the same risks seen in most surgery and include bleeding, infection, and scarring. Patients are given antibiotics, which reduces risk of infection. In most cases of Labiaplasty surgery, if an infection occurs post-operatively, it is minimal in nature and taken care of with a short course of oral antibiotics.

Bleeding is also a rare risk in Labiaplasty; however, it can occur with any procedure, or could occur post-operatively if strenuous activity or intercourse is begun too early.

There may be very minor spotting or bleeding, but this resolves very quickly and is treated well with minor pain relief and ice packs. Most people may return to work within 4 - 7 days and are quite comfortable.

Following Labiaplasty surgery, problems with healing, such as incision separation, under or over correction and abnormal scarring, are rare complications. However, they can occur as with any surgery, and may require further surgery or revision. The risk of any of these problems occurring is less than 2%.

Risks & complications of Labiaplasty cont'd

The Surgery device used in the DOVE procedure uses electrical energy to remove a layer of skin cells from the area of concern. This causes swelling and a warm stinging kind of pain, like a burn type pain which is most significant in the first 12 hours after the procedure. **We recommend our patients take their first dose of pain relief as prescribed as soon as they arrive home from Hospital.** This ensures that the pain relief commences action while the local anaesthetic or numbing injections are wearing off.

Fees

A cost estimate of your surgery will be provided to you in a quote after your consultation with Dr Konrat. The surgical fee includes all post-operative consultations and care. A cost estimate is also provided for the Day Hospital operating theatre and if required or requested, the specialist Anaesthetic Doctor.

Brisbane Cosmetic Clinic surgery fees must be paid in full no later than 10 days prior to your surgery.

Surgical fees, for surgery performed, are not refundable under any circumstances.

As previously stated, in the event of an unexpected post-operative complication requiring further surgery, Dr Konrat does not charge a further surgical fee, however there will be additional costs for the Day Hospital operating theatre fee and, when required, a specialist anaesthetist fee.

Any further surgery revision requested or desired that is NOT related to a post-operative complication will incur Dr Konrat's surgical fee and Day Hospital Fees.

Further Enquiries

The information contained in this brochure is designed to complement your consultation with Dr Konrat. If you do not understand anything in this information handout or are unsure about any of the information discussed at your consultation with Dr Konrat, please contact us so we can help you further.

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