



GRYSKIEWICZ
Twin Cities Cosmetic Surgery

ULTIMATE PROCEDURE GUIDE

LABIAPLASTY SURGERY

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Labiaplasty surgery explained

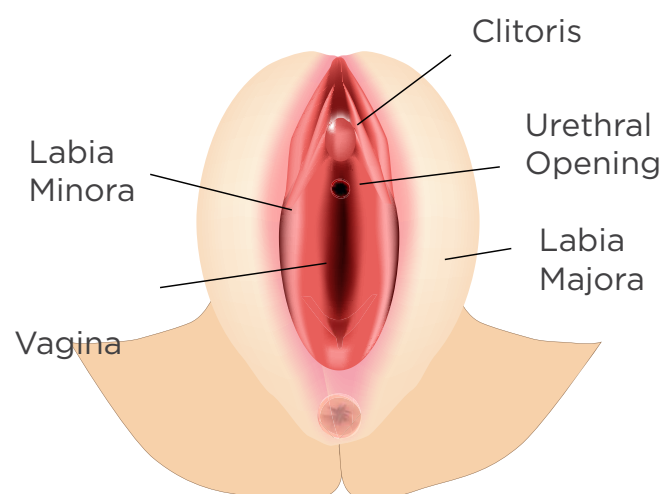
Labiaplasty explained

Labia Reduction Surgery, also referred to as Labiaplasty or Labioplasty, is a cosmetic genital procedure designed to change the appearance of the labia minora (inner labia).

Women requesting this procedure usually have developed a 'longer' labia minora which may protrude beyond the labia majora (outer labia) of the vulva.

This can not only be a source of embarrassment, but also of physical discomfort (i.e. when the labia rubs against underwear).

Labiaplasty is the most commonly performed vaginal rejuvenation procedure to relieve symptoms. Women can experience twisting or tugging of the labia. This procedure can help to tone, reshape, reconstruct or tighten the various muscles and surrounding skin of the vagina.



Anatomy of the vagina

Let's take a closer look at the vagina to help you understand some of the terms we will use throughout this guide.

The Labia Majora

The labia majora generally have some hair growth and are considered the 'outer lips' of the vagina. The appearance of this area differs greatly from woman to woman.

The Labia Minora

The labia minora are considered the 'inner lips' of the vagina and tend to be sensitive to the touch.

The Vulva

The Vulva is the term for all of the external organs of the vaginal area; this includes the clitoris, urethra and labia.

The Clitoris

The clitoris is the small round tip usually covered by a 'hood'. This extends below the skin in a wishbone shape to form the crura. All of these parts of the clitoris shaft are involved with sexual arousal.

The Urethral Opening

The urethral opening is where you urinate from. This is separate to the vaginal opening.

Am I a good candidate?

Common reasons for wanting Labiaplasty

There are many reasons why some women have enlarged labia, including childbirth, aging and genetics.



Labia Reduction surgery often appeals to women as there are several functional benefits achieved from this procedure. For some patients, this is a cosmetic choice, for others, this surgery is performed to improve personal comfort.

Many females who suffer from an enlarged labia may experience difficulty with exercise, hygiene, urinary tract infections, sexual activity and other physical activity. An enlarged labia can also make it difficult to wear clothing such as yoga pants and swimsuits, as well as cause patients to feel self-conscious when becoming romantically involved with their partners.

Labiaplasty surgery can help with...

Long or 'hanging' vaginal lips

During a Labiaplasty, the darkly pigmented and low-hanging tissues of the inner labia can be targeted and gently removed to reveal smoother and lighter-toned tissue.

If the outer labia is also oversized, some tissue can be removed here as well.

This allow for a smaller, neater and more visually appealing vagina overall.

Labial discomfort, pain or irritation

When either inner or outer vaginal lips are oversized, certain forms of clothing can cause discomfort.

Tight-fitting underwear, swimsuits and fitted jeans can place excess pressure on the vulva that may result in rashes, abrasions and other problems.

Through the careful reduction of these features, it is possible to alleviate pressure and friction for increased comfort.

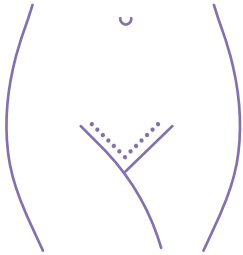
Embarrassment during intimacy

Women should be able to feel comfortable and confident about their bodies at all stages of undress.

A labiaplasty can help to reduce and tighten stretched or elongated vaginal lips which can help to boost confidence in women who are self-conscious when it comes to intimate encounters with their partners.

Am I a good candidate?

Am I a good candidate?



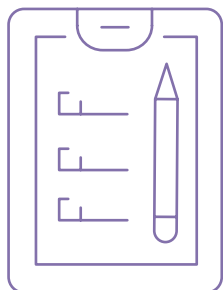
- Do you find yourself feeling self-conscious about the appearance of your vagina lips?
- Are you emotionally distressed about the appearance of your vagina lips?
- Do your vagina lips cause you any irritation during sexual intercourse or certain physical activities?
- Do you experience discomfort when wearing tight-fitting underwear, jeans, swimwear or other undergarments?
- Does the appearance of your vagina stop you from participating in certain activities?

If you answer yes to any of the above questions then you may be a good candidate for Labiaplasty Surgery.

This guide will provide a brief overview of the procedure and answer some common questions. We do, however, suggest that you conduct your own thorough research in addition.

Surgery checklist

Before you decide on your Surgeon or proceed with Labia Reduction Surgery, there are a few important questions to consider:



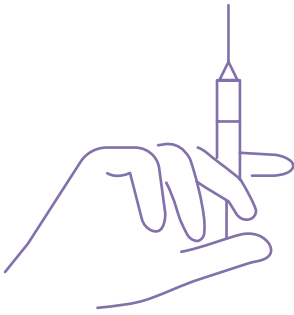
- Is my chosen Surgeon a Board Certified and experienced Specialist Plastic Surgeon?
- Is my procedure going to be performed in a fully accredited surgery center or Hospital?
- Am I in good health, have a maintainable weight and stable BMI?
- Do I have realistic expectations about what my Labiaplasty Surgery can achieve?
- Am I choosing to have surgery for the right reasons?
- Am I able and willing to undergo a recovery and healing period?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery?

The surgical process

Labiaplasty surgery procedure

A Labia Reduction should always be performed by a Board Certified Specialist Plastic Surgeon at either an accredited outpatient surgery center or a Hospital.

There is no 'one-size-fits-all' solution. Your chosen Surgeon should work with you to understand your surgery goals and recommend a tailored plan that incorporates both your anatomy and desired results.



Labiaplasty surgery can be performed under local anesthetic with sedation, however in some cases it is preferred that the patient is put under a general anesthetic.

Dissolvable stitches are used for this procedure. This can result in discomfort for a few days as the stitches can take around 7-10 days to dissolve.

There are two main surgical techniques used in Labiaplasty surgery, they are outlined below:

Trim Method

The **Trim Method** (sometimes referred to as the strip method) is the original and most widely used technique by surgeons to reduce the length of the labia.

This method is less likely to cause complications and is a good option for patients looking to remove darker, longer edges of the labia.

The surgeon will remove excess labial skin along the length (edge) of the labia minora so that it is symmetrical with the labia majora.

Wedge Method

The **Wedge Method** is a newer alternative to Labia Reduction. This technique removes a wedge-shaped portion of unwanted tissue from the thickest area of the labia minora.

The wedge of labial tissue is removed without affecting any functioning areas of the vulva/vagina.

This technique typically leaves the darkest parts of the labia intact which may be undesirable for some women depending on their pre-surgery concerns.

Rest and recovery



Risks and complications

Labiaplasty surgery incurs risks and complications like any invasive surgery. It is wise to choose a highly trained and experienced surgeon with extensive Labiaplasty experience to reduce your surgery risks.

Surgery should never be taken lightly, as with all procedures, it is important that you consider the reasons for wanting Labia Reduction surgery and the possible complications and achievable results.

- Labiaplasty does not make the vagina smaller; other procedures such as vaginoplasty and other laser procedures can assist with this.
- Patients should not rely upon Labiaplasty for sexual enhancement. Sexual satisfaction relies on a number of different factors, not solely the size, shape, appearance or length of the labia majora and labia minora.
- If your main concern for having a Labiaplasty is purely based on appearance, it might be worth talking to your Doctor or a Counsellor first and foremost.



Post-operative recovery

Luckily the vaginal area heals very quickly, meaning recovery for a Labiaplasty procedure is relatively minimal. Patients will experience some pain and discomfort for around 10 days but should see a noticeable improvement after this point.

You will need to work with your Surgeon to allow for adequate and proper healing time and you should be willing to listen and follow any advice or specific instructions provided.

Strenuous activities should be avoided for around 4 weeks, and sexual intercourse for a minimum of 6 weeks. Pain medication is recommended to reduce any discomfort experienced after your surgery.

Benefits of Labiaplasty



Benefits of Labiaplasty Reduction Surgery

Women with uneven or excessively large labia often suffer from diminished self-confidence, physical discomfort, embarrassment, and a host of other issues.

A Labiaplasty procedure can help to resolve these issues and help you to regain confidence and comfort in your everyday life.

Less clothing restrictions

Fitted jeans, undergarments, tight fitting trousers and swimsuits can place excess pressure on the vulva that may result in abrasions, rashes and other problems for women with oversized vaginal lips.

The removal of excess and unnecessary vaginal tissue can help to solve this issue and help patients to feel comfortable and confident in their clothing.

Increased comfort

Women with oversized or enlarged labia can often experience discomfort, pain, pressure and increased risk of Urinary Tract Infections. Labiaplasty helps to alleviate these issues which can be a source of embarrassment and pain for many females.

Improved vagina appearance

Labia Reduction Surgery allows for a smaller, neater and more visually-appealing vagina through the removal and reduction of low-hanging, enlarged or sagging tissues of the inner and/or outer labia.

Higher levels of sexual confidence

It is common for women to be self-conscious about the appearance of their genitals, particularly as they get older and the labia may become stretched and saggy.

In particular, this can be the case when it comes to intimacy with a partner.

Labia Reduction Surgery can help to bring back confidence and minimize any irritation experienced during sexual intercourse.

Frequently asked questions

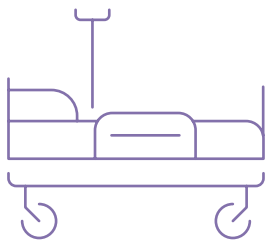


Are there any potential risks involved?

Risks involved with Labiaplasty surgery may include loss of sensation, infection, asymmetry of the labia and permanent scarring.

These risks are uncommon but can occur, so it's important to be informed of these complications prior to surgery.

It is also crucial that your procedure is performed by a highly experienced and qualified Specialist Plastic Surgeon to lower your chances of any potential risks or side-effects.



Will I need to stay in Hospital overnight after surgery?

A Labiaplasty is an outpatient procedure that won't require an overnight hospital stay. This means you get to recuperate at home, however, your recovery and aftercare should still be taken seriously and advice from your Surgeon taken seriously.



What can I expect from my aftercare and recovery?

It is likely that the labia will be sore and swollen for up to 10 days after surgery and your Surgeon will usually advise you to take 3-7 days off work to recover at home.

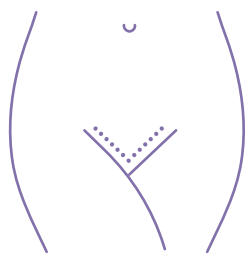
You may be prescribed antibiotics to reduce the risk of infection, as well as anti-inflammatories to reduce pain and discomfort.

In the case that anti-inflammatory medication isn't prescribed, over-the-counter pain relief is recommended.

Patients recovering from a Labiaplasty procedure are typically advised to:

- Wear loose clothing and undergarments to avoid friction and excessive pain.
- Avoid exercise and rigorous activities for approximately 4 weeks.
- Abstain from tampon use and sexual activity for at least 6 weeks.

Frequently asked questions



How should I prepare for my Labiaplasty Surgery?

Once you decide that Labiaplasty Surgery is right for you, you should begin planning your procedure and recovery.

Plan to take at least one week off work. In the time leading up to your procedure, make sure you are eating healthy food, drinking plenty of water and getting a lot of sleep.

Establishing healthy habits before surgery can help to support a quicker recovery. If you are a smoker, it is highly recommended that you stop smoking at least 6 weeks prior to your scheduled surgery date.

Smoking is detrimental to the healing process and patients who smoke may experience delayed healing and increased wound complications.

The first few days after your procedure should be devoted to rest. So it may help to arrange for a friend or family member to help around the house, especially if you have young children.

Before your procedure, be sure to stock up on essential groceries, prescriptions and any other items you may need during your recovery.

Will my final surgery results be visible straight away?

Every woman heals differently, and your body will need time to rest and recover.

Most women begin to see results take shape over the weeks and months after the swelling and scars diminish.

Although some of the aesthetic results of surgery are visible immediately after the procedure, it generally takes three to six months to see the full results.

This is how much time it takes for any swelling to subside completely.



Will I have any visible scars after Labiaplasty surgery?

Labiaplasty generally will not leave external scarring, which is yet another reason why it is beneficial to have a Board-Certified Specialist Plastic Surgeon perform your Labia Reduction procedure.

A highly skilled and experienced Surgeon will try to ensure that any incisions naturally fold into the creasing of the skin.

Frequently asked questions



How much will my Labia Reduction surgery cost?

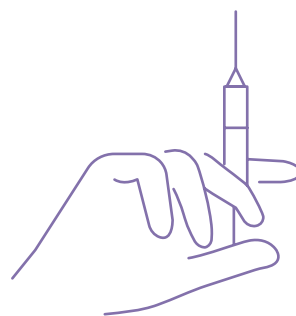
At your initial consultation, you will be given a detailed quote for your chosen procedure. This will include a Surgeon's fee, as well as surgery center and anesthesia fees.



What can I expect at my initial consultation?

At your initial appointment with your Plastic Surgeon you will typically:

- Have a physical examination.
- See Before and After photos from past patients.
- Find out more about surgical options.
- Receive detailed information about your selected surgery options.
- Go through the possible risks and complications associated with surgery.
- Find out about surgery pricing and available date(s).
- Have your questions answered. You can bring a friend or family member with you for support and an "extra set of ears".



Can you be awake during a Labiaplasty procedure?

Yes, Labiaplasty is sometimes done under local anesthesia if the patient feels more comfortable this way.

So, you can be awake during the procedure. In other cases, your surgeon might recommend general anesthesia for added comfort.

Unanswered questions?

For a bigger list of FAQs and more information on the surgical process, visit www.tcplasticsurgery.com.

You can also talk to a staff member to answer any of your questions Monday thru Friday by calling or texting our office at 952.435.0177.

Choosing the right Surgeon

How to find the best Plastic Surgeon for you

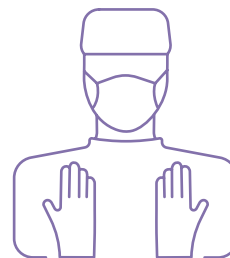
We understand that the quality of your results is dependent on finding the best plastic surgeon for your unique needs. While the importance of this decision can make the research process seem daunting, our team has outlined a few tips that can help you find a qualified plastic surgeon well-equipped to address your concerns:

- **Check a surgeon's board-certification and research their training.** With most plastic surgeons maintaining an online presence, you can easily find out about a surgeon's educational background and whether they've obtained certification from the American Board of Plastic Surgery.

This can narrow down your options and help you find a highly experienced plastic surgeon to perform your cosmetic surgery.

- **Find out whether they specialize in your procedure of interest.** It's generally in your best interest to enlist a plastic surgeon who specializes in, or frequently performs your chosen treatment.
- **Review patient gallery.** There is usually no better indication of what can potentially be achieved with a given procedure than a plastic surgeon's before-and-after photos.
- **Read patient reviews.** Feedback from individuals who have already been under a plastic surgeon's care can be invaluable to the research process.

Peruse online reviews from a multitude of third-party platforms, such as Facebook, Google, and Realself, to gain a comprehensive idea of a prospective surgeon's reputation.



Optimize your experience

In today's market, there are a variety of 'cheap' options when it comes to Plastic and Cosmetic Surgery procedures.

Although it may be tempting to go with a less expensive Surgeon for your surgery, choosing a highly qualified, experienced Plastic Surgeon who practices in the US should always be your highest priority.

So, what should I look for?

- A surgeon that is certified by the American Board of Plastic Surgery.
- A surgeon who operates in an accredited surgery center or hospital.
- Review before and after pictures on your surgeon's web site or social media. Get recommendations from friends, family or your personal physician.
- Be sure you have a board certified anesthesiologist performing your anesthesia.

About Dr. Joe Gryskiewicz



About Dr. Joe Gryskiewicz MD, FACS

For more than 30 years, Joe Gryskiewicz, MD, FACS (*pronounced Gris-KA-vitz*) has practiced medicine in the Twin Cities of Minneapolis and St. Paul. He is a Clinical Professor at the University of Minnesota Cleft Palate Clinics School of Dentistry and is the past Chief of Surgery at Fairview Southdale Hospital in the Minneapolis suburb of Edina.

Dr. Joe is certified by the American Board of Plastic Surgery and received a certificate of special training in cosmetic surgery from the American Society of Aesthetic Plastic Surgery (ASAPS). He has also been an official spokesperson for the American Society of Plastic Surgeons (ASPS).

In addition to being in private practice, Dr. Joe is a writer and international speaker. He has traveled the world delivering over 500 presentations to professional organizations on plastic surgery.

Experience & qualifications

- University of St. Thomas, Bachelor's Degree in Nursing
- University of Minnesota, Medical School
- University of Wisconsin, Fellowship
- Fellow American College of Surgeons (FACS)
- The American Board of Plastic Surgery
- American Society of Aesthetic Plastic Surgery (ASAPS)
- American Society of Plastic Surgeons (ASPS)
- International Society of Aesthetic Plastic Surgery (ISAPS)
- The Aesthetic Surgery Education and Research Foundation (*Past President*)
- The Rhinoplasty Society (*Past President*)
- Minnesota Society of Plastic Surgeons (*Past President*)

Areas of expertise

Although he has extensive training in all aspects of cosmetic and plastic surgery, Dr. Gryskiewicz's special medical interests are Breast Augmentation, Rhinoplasty, Facial Plastic Surgery, and Body Contouring.

Dr. Joe and his team have an intense passion for helping patients achieve a happier, more beautiful self, through advanced treatments. His expertise in plastic and reconstructive surgery has been showcased through years of exceptional patient results



Before and afters

Labiaplasty Surgery



Scan the QR code below to view more patient before and afters:



Your next steps...



Get in touch

Schedule a confidential consultation at Gryskiewicz Twin Cities Cosmetic Surgery by phone or submitting an inquiry via our website.



Edina: 952-295-3987
Burnsville: 952-800-3518



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General Disclaimer: Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Photography Disclaimer: Unless our photograph(s) or image(s) are marked with a copyright signal and Surgeon's name or Group Name, they are licensed stock photography, not patients.