

Dental and Health Articles

Useful and informative news

Vaginal Reconstructive Surgery

MAKING SURGERY MORE INTIMATE WITH VAGINAL RECONSTRUCTION

You've heard of people requesting Sharon Stone's nose and Pam Anderson's breasts? Well, now many women are now taking copies of Playboy to their plastic surgeons, saying: 'I want one like that.' Why the recent demand, you may ask, for perfection in the most intimate of areas? The reasons are as varied as the women who ask for the procedures. Desiring higher levels of sexual gratification, a more aesthetically pleasing look, the ability to exercise without discomfort and the ability to wear all kinds of clothing are the most common reasons.

The most common procedures, the vaginoplasty and labiaplasty, have been around for decades, but have more recently come into prominence as elective surgeries. Dr. Ronald Blatt, Medical Director of The Center for Vaginal Surgery in Manhattan, is a Board Certified OB/GYN who reconstructs the "optimum structural architecture" of the vagina for the most aesthetically pleasing and comfortable result.

Vaginoplasty is a surgical procedure that involves the tightening of vaginal muscles and support tissues as well as the reduction of redundant vaginal mucosa (relaxed vaginal lining). Childbirth, trauma and even simply aging may cause the vagina to become stretched and the surrounding muscles lose their strength and tone. This loose feeling that many women feel is often noticed not only by them, but by their partners during sexual intercourse. "Vaginoplasty decreases the diameter of the vagina, which results in increased friction during intercourse. After surgeries, women and their partners often report increased levels of sexual gratification," says Dr. Blatt. The surgery is a standard gynecologic vaginal procedure where the vaginal vault and pelvic floor are made tighter and the foundation muscles of the vagina are made stronger. The G-spot which lies in the anterior proximal vagina is not affected by this procedure.

Labiaplasty refers to the trimming of labia minora, more commonly known as the lips of the vagina. Having enlarged, or irregular labia minora may adversely affect the quality of life for patients, resulting in lowered self-confidence, discomfort with wearing clothing, exercising, or having sex. The enlarged labia can have a protuberant and abnormal appearance that can be bothersome and distressful. More specifically the unsightly appearance of excessive skin can cause psychological damage and may decrease the sexual desire in both partners. Women who have this excessive skin are often so embarrassed by it that it may take years before they discuss it with a friend and even longer before they seek correction of the problem.

If you have these problems, they can be remedied! Each procedure takes approximately 60-90 minutes to perform. An additional hour is spent in Dr. Blatt's recovery room under the supervision of a Registered Nurse. Dr. Blatt recommends general anesthesia for his patients so they will not feel any pain during the surgery. Patients can, however, expect to have discomfort at the surgical site for the first few days after the procedure. This discomfort is greatly reduced by pain medication and antibiotics that Dr. Blatt prescribes. Full healing and a return to normal sexual activity takes approximately six weeks. All sutures used are absorbable and therefore do not need to be removed. Insurance usually does not cover these surgeries because they are considered elective. The end result of these procedures may not only be a more youthful appearance, improved sensation and a more comfortable and confident sex life, but an overall improvement in the quality of life. ■