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Comprehensive Recovery of the Intimate Health of Women

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Introduction

The many options to solve problems related to the intimate recovery of women is causing a greater awareness about the health conditions of women that previously were not addressed.

Over the years, women face several physical changes in their bodies, mostly associated with the hormonal changes they experience throughout their lives. The loss of elastin and collagen, the physical “trauma” associated with vaginal births and the reduction of estrogen caused by menopause are some of the symptoms that significantly affect their quality of life.

Some common concerns related to women’s health are

- Pelvic floor problems
- Atrophic vaginitis
- Dyspareunia
- Urinary effort incontinence
- Labia minora hypertrophy
- Labia mayora hipotrophy
- Clitoris cap hipertrophy
- G-spot

Women with hypertrophic or prominent labia minora may have hygiene problems, irritation, infection, discomfort when doing some sports activities and dyspareunia. In the case of alterations of the labia majora, they may present hypertrophy, atrophy or aging. All this causing functional and psychosocial disorders, lack of self-esteem, loss of libido and depression.

Every time there are more women who go through the operating room for the personalized design of their vulva or vagina: rejuvenation of the vaginal lips, recovery of the hymen.

Nowadays aesthetics is increasingly important, and women are more concerned with the appearance of intimate areas.

Surgical technique of vaginal rejuvenation is used to correct the widening of the vagina, unwanted consequence of childbirth, aging, or muscle deterioration. It is a simple intervention carried out through the vagina, narrowing without muscle repercussion. It is done under epidural anesthesia. The duration of the intervention is one hour, approximately, not requiring hospitalization and the recovery period is several weeks.

Reduction of the labia minora. This procedure is carried out to

correct the growth of the labia minora, regardless of the age and the inheritance they develop causing discomfort in young patients, during the sexual act, with the use of tight clothes or exercise. The reduction is carried out with Erbium laser which allows an immediate recovery and without discomfort for the patient.

The labiaplasty, allows the lips of the female genitals to intervene to meet the needs of patients.

There are several surgical techniques of labiaplasty, depending on the alteration to be treated. In the case of the labia minora, the most common is the reduction of those segments protruding from the labia majora.

The patient is asked to come previously shaved in the genital region to avoid the discomfort caused by the hair when performing the sutures. The patient lies in a gynecological position. For the reduction of the labia minora, a drawing is made marking the internal and external or posterior area where the incisions are to be made, seeking the greatest possible symmetry. Subsequently asepsis and antisepsis of the region is carried out with Iodine and the local anesthetic infiltration with a mixture of xylocaine 20ml + ½ amp of adrenaline + 30 ml of physiological solution, traction is performed with a Pen Rochester surgical clamp, using the longitudinal technique and, as a cutting instrument, an CO 2 LASER source cut and coagulate is performed at 5 or 7 watts.

After removing the excess tissue, a careful hemostasis of the bed is performed. Subsequently, the lips are closed with chromic Catgut 4-0 with external continuous points in some cases and in another, we live the tissue just coagulated.

As for the labia majora, the most frequent is to correct the appearance of aging, by increasing the volume, with age it is reabsorbing the volume of the labia majora which have the function of keeping the penis tight during the sexual act, making both the woman and the man have a more rewarding contact. Nowadays it is possible to correct the loss of volume with the injection of various fillers in the area. It is a simple technique, without risks and that gives a more youthful aspect to the female anatomy.

If it is necessary to correct the labia majora, is done by means of the lipotransference of autologous fat, previously obtained from the crotch zone, under aseptic and antisepsis techniques and local anesthetic infiltration.

The Point G

An injection of hyaluronic acid in the area of the point G makes it more prominent improving the satisfaction and pleasure of women during sex. This product lasts approximately 1 year, its effect is immediate and there is no risk to 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

It is surgery that repairs the hymen and “revirginize” the woman. It is a simple procedure that is performed under local anesthesia, is ambulatory and is not annoying for women. There is no age limit or number of occasions that the patient wishes to perform it.

Clitoris

Sometimes it is necessary to reduce and reshape it when it is excessively long, through a series of incisions in order to relocate it backwards, that is, towards the interior. The exposure of the hidden clitoris (lifting) is also done through the reduction of the skin of the cap that surrounds it. Both are performed under local anesthesia and sedation. The duration of the intervention is approximately one hour without hospitalization. Sometimes the clitoris is small, it is necessary to enlarge it with the injection of fillers, allowing women to enjoy better relationships, as well as a better quality of life.

Clarification of the Vaginal Region

The lightening of the skin that over the years has become obscure due to multiple factors can be achieved with the application of the photon laser. It is a simple procedure, it does not require rest and in one or two sessions the patient recovers the natural color of their skin. Increasing your self-esteem and confidence when you wear small clothes or be with your partner.

Additionally, we perform Erbium + Co2 laser, to reduce hyperpigmentation of the genital area, obtaining better aesthetic results.

Vaginal Tightening for Increased Sexual Gratification

The laser is used in fractional caloric-tensor mode, with the aim of: tightening and reducing the diameter of the vaginal canal to maximize the friction effect, vital to optimize sexual gratification. It is a 15-minute treatment, totally ambulatory, painless, without applying any anesthetic, antibiotic or sutures.

Patients Report from the First Treatment Session

Recovery of vaginal tension immediately, the ability to reach orgasm, or shortening in the time needed to achieve it. It provides immediate results, with + 80% success in follow-up at 1-year post-treatment.

There are marked changes in the measurements of the vaginal canal in the immediate post-treatment (average reduction 1cm of the canal). It has no contraindications or known complications.

Urinary Incontinence

It is common knowledge that many women after childbirth or with age have a decline of the posterior wall of the bladder. What causes that with small efforts such as laughing, exercising or just getting up have small urine losses, which is painful and annoying. Nowadays this problem can be corrected without the need of surgery, with the application of the Neodymium laser in only 3 sessions in more than 70% of the patients the urinary incontinence is solved, without anesthesia, surgery or recovery periods. But the most important thing without pain.

Conclusion

Analgesic and antibiotic treatment is indicated during the first week and relative rest is recommended during the first 48hrs. During the first month it is indicated not to wear tight clothes, to carry out sports or activities that imply local friction and continuous contact with water, as well as to refrain from having sexual relations.

This procedure is performed on an outpatient basis and patients usually reincorporate their regular activities within the first week.

Laser application is ideal in cases of postpartum vaginal relaxation, being able to provide the recovery of the lost vaginal orgasm, have a better vaginal sensation and obtain the orgasm in less time. It can be applied at any age, including in patients who have had caesarean sections.

Provides a painless, ambulatory and non-invasive alternative to patients who wish to improve their level of sexual gratification without the potential complications associated with surgical methods.

The patient does not require any post-treatment care and can resume sexual activity at 72 hours.

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