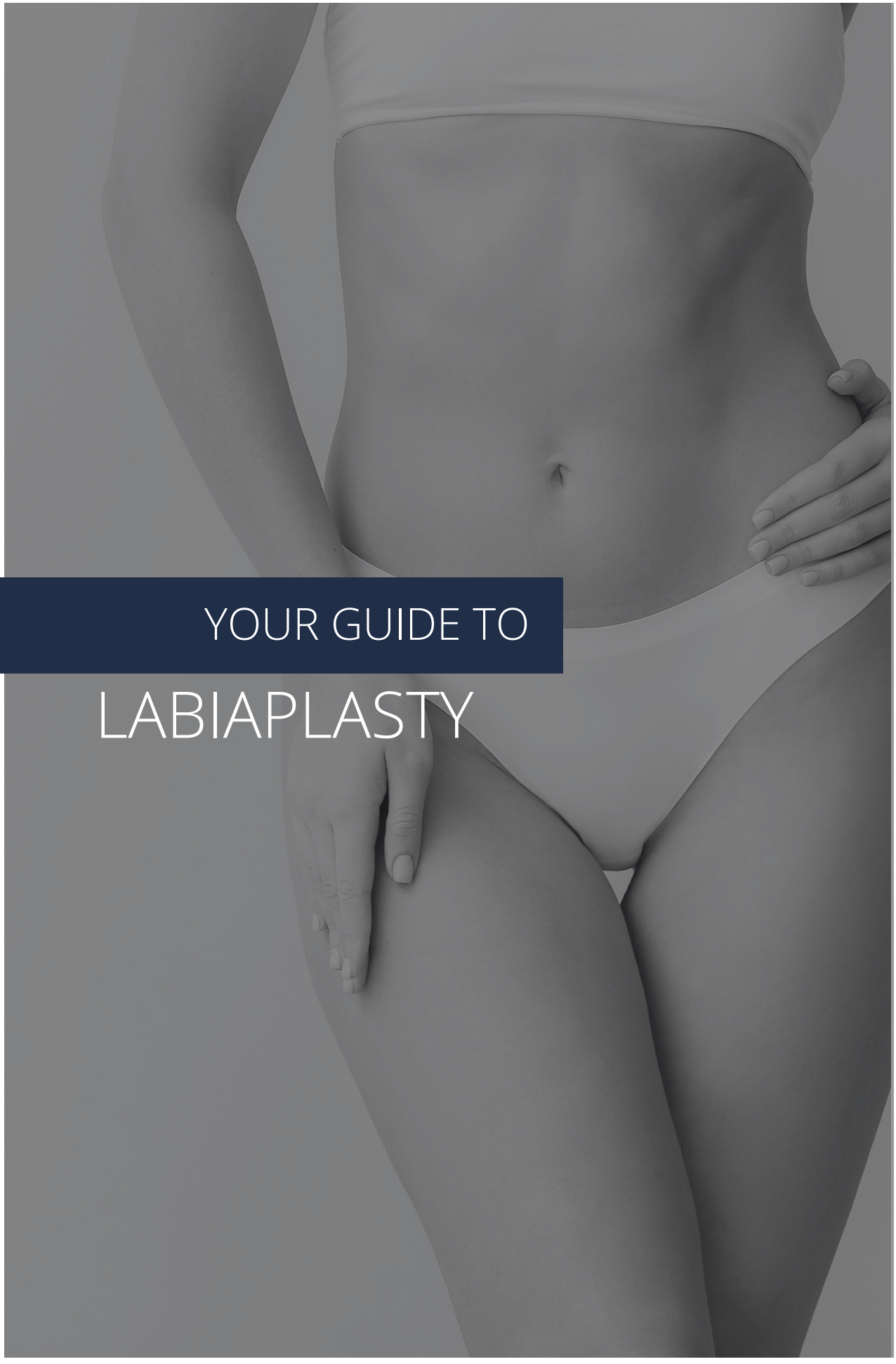


YOUR GUIDE TO
LABIAPLASTY

CosMediTour

WELCOME

Welcome to CosMediTour, the premier Plastic Surgery group in Australasia. Since our establishment in 2009, we've been dedicated to helping numerous clients discover the beauty of self-confidence. We proudly collaborate with top-tier plastic surgeons recognised for their commitment to providing outstanding care and exceptional results. With us, you can have full confidence that you're in the hands of experts.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

CONTENTS

04 INTRODUCTION

WHAT IS LABIAPLASTY?

06 WHAT TO EXPECT

BEFORE & AFTER YOUR PROCEDURE

07 PLANNING YOUR PROCEDURE

DECISIONS TO BE MADE WITH YOUR SURGEON

10 POTENTIAL RISKS

11 WHY CLIENTS CHOOSE COSMEDITOUR

12 NEXT STEPS

INTRODUCTION

A Labiaplasty, or Labia Reduction, is a procedure that modifies the folds of skin (or 'lips') at the entrance of the vagina.

Just as every body is different, the motivations behind Labiaplasty vary case-by-case, and can include:

- Restoring the size, shape and position of the labia. These may change over time with pregnancy, extreme weight loss, menopause and aging.
- Improve the appearance of the Labia Minora (inner Labia lips), the Labia Majora (outer Labia lips), or both.
- Address physical discomfort or pain. This can occur when wearing tighter clothing or during sexual intercourse. In these instances, pinching or chaffing can occur and may lead to cuts and infections in the genital area.
- Address hygiene issues.

Importantly, a Labiaplasty must not be confused with:

- Mons Pubis procedure, which refers to fat removal and/or lift of the pubic mound
- Clitoral Hood Reduction; or
- Vaginoplasty which involves tightening of the inside and entrance of the vagina.

If required, these procedures can be performed in conjunction with a Labiaplasty and will be assessed on a case-by-case basis.

> Every body is different & reassuringly a certain degree of variation should be expected when it comes to the appearance of the labia.

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery and receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome and together, plan your procedure.

YOUR SURGERY | 1 - 1.5 hours

Labiaplasty procedures typically takes between 1 to 1.5 hours. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow up to 6 weeks for post-surgery recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Labiaplasty is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 - 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 Weeks

Some discomfort can be expected in the first few days following surgery. Swelling and bruising will emerge in the first week and a small amount of bleeding is normal. To aid recovery:

- ☑ Use cold packs packs and pain medication to manage bruising or pain.
- ☑ The site should be kept moist, but not wet. A barrier ointment must be applied twice a day as prescribed. Showering can commence the day after surgery and toileting can proceed as normal. Swimming and bathing must be avoided until approved by your Surgeon.
- ☑ In most cases, normal activities including work can be reintroduced 10 days after surgery.
- ☑ Avoid vigorous exercise and sexual activity until a surgeon advises as increased blood flow in the genital area can induce complications.

RECOVERY TIME | 6 Weeks

All clients heal at different rates, but results start to show between 3 to 6 weeks. During this time:

- ☑ No tampon use for 6 weeks.
- ☑ Wear loose underwear and clothing for up to 8 weeks.

SETTLING PERIOD | 6 Months

Full results will be visible from 6 months onwards.

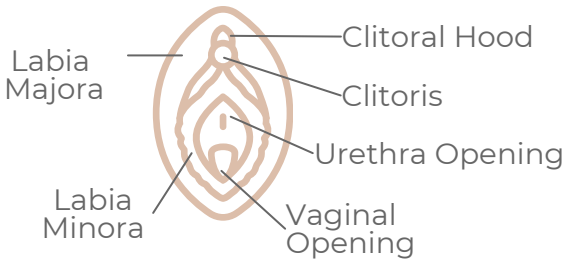
There are a range of considerations to keep in mind when preparing for Labiaplasty. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

Our Plastic Surgeons will work with you to customise a treatment plan based on your unique requirements and desired outcome. Your Surgeon will guide you through the planning process. However, we also recommend you familiarise yourself with your options.

PLANNING YOUR SURGERY

During a Labiaplasty, Surgeons can alter the Labia Minora, the Labia Majora or both.



When tailoring your procedure, they will carefully consider a number of factors, which include:

- ☑ Your natural tissue
- ☑ Your unique anatomy
- ☑ Your desired aesthetic outcome

We encourage you to be open and realistic with your desired outcomes. Equally important is to consider the Surgeon's advice on what will work best for you and your body in the long term.

LABIA MAJORA

There are 2 main techniques used to rejuvenate the Labia Majora; Liposuction or Fat Transfer.

Both Labia Majora techniques can be performed as standalone procedures, or in conjunction with either of the Labia Minora techniques below.

LIPOSUCTION

Liposuction is used to address overly prominent Labia Majora.

Excess fatty tissue is removed with a cannula and suction device, resulting in a flatter, less 'puffy' exterior.

FAT TRANSFER

Fat Transfers are performed when the Labia Majora appears deflated or saggy. This can be a result of pregnancy, extreme weight loss, or ageing.

Surgeons may choose to restore the area with the client's own fatty tissue or cosmetic fillers.

> You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you and your body.

LABIA MINORA TREATMENT

There are two main techniques used during a Labia Minora Labiaplasty: External Trimming Technique or a Wedge Technique.

The choice of technique used depends on the amount of tissue needing to be removed, any asymmetries that may be present and the desired aesthetic outcome.

EXTERNAL TRIMMING TECHNIQUE

Involves clamping the Labia Minora and trimming the excess skin. A running stitch is used to close the incision, creating a new, shorter edge.

This technique seeks to address:

- ☑ Asymmetry issues (uneven 'lips')
- ☑ Excess Labia Minora tissue, which is typically dark skin that protrudes beyond the edges of the Labia Majora.

WEDGE TECHNIQUE

Suitable to clients with a lot of excess tissue.

This involves taking a wedge, or a V-shaped excision, from the center of the Labia Minora. The detached sides are stitched together, tightening the remaining skin.

This technique preserves the natural transition at the border of the Labia and results in more concealed scarring.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Labiaplasty, there are potential risks to consider with all forms of surgery. Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications and work out of hospitals renowned for their high quality and practice standards. Most of the following possible risks and complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Heart attack, pulmonary embolism, stroke
- Temporary Nausea from anaesthetic)
- Fat embolism (after liposuction)
- Haematoma (a collection of blood)
- Over-correction (too much tissue removed) or under-correction (too little tissue removed)
- Delayed wound healing
- Temporary or permanent numbness or changes in sensation
- Bruising and swelling
- Excessive bleeding
- Visible scarring
- Asymmetry
- Need for revisional surgery

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe and supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest and most trusted Surgeons work with you to understand your goals and deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees and hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity and we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.