



Lancashire Gynaecologist

Eric Mutema



Labial Reduction
and Refashioning



In recent years there has been significant growth in demand for labial reduction, yet whenever the media covers the topic, you'll often see the term 'designer vagina' being used which is misleading because it is anatomically incorrect. Labial reduction is performed on the labia - the female external genitalia, not the vagina – the birth canal.

Some press coverage has even questioned why a woman should choose to undergo a cosmetic procedure on her most intimate body parts, without first trying to understand the reasons why so many do.

In this feature, we will consider those reasons, explain what labial reduction and labial refashioning involves and offer reassurance to women who want to find out more.

Women will, in fact, opt to do this for a range of medical, practical and cosmetic reasons.

What is labial reduction and refashioning?

A labial reduction and refashioning procedure is a surgical procedure that reduces and changes the appearance of the labia minora (inner lips) of the external genitalia. The operation is a simple surgery that cuts away excess skin on the vaginal inner lips, resulting in a normal or satisfactory appearance.



Why might a woman consider having this procedure?

For various reasons, but mainly to reduce the size of the labia, improve their appearance or symmetry, or reduce discomfort. There is significant natural variation between the appearances of different women's labia and some women will feel confused about what is 'normal' and might feel anxious.

Let's consider some of the main reasons why a woman might seek the treatment:

- **Enlargement:** sometimes due to a congenital condition, or after childbirth or hormone treatment, the labia enlarge and protrude, causing discomfort and pain that can lead to irritation and sometimes, in more serious cases, infection.
- **Inability to exercise without discomfort:** enlarged labia can interfere with cycling, running, walking and participating in other healthy activities, like swimming and yoga. Women who enjoy active lifestyles will benefit from the procedure.
- **Difficulties wearing tight-fitting clothing:** protruding labia will cause discomfort for women wearing swimming costumes, close-fitting gym gear, cycling shorts, and even tight jeans.
- **Sexual:** enlarged labia can interfere with a woman's sex life, cause painful intercourse, embarrassment, loss of self-esteem and prevent her from enjoying intimacy with her partner.
- **Psychological impact:** if the appearance and size of the labia are problematic, this will almost certainly harm a woman's self-confidence and her ability to participate in an active sex life, or healthy lifestyle.

What does the procedure involve?

The Lancashire Gynaecologist procedure provides two options for the patient. The first is to simply remove the excess skin entirely, which can result in a slightly unnatural appearance. The second, and in most cases, the best approach is to reconstruct the area around the labia. This is a slightly more complex surgical procedure, but it will result in a natural look afterwards. Most women tend to prefer the second option.

The operation is usually performed under general anaesthetic and lasts between 1-2 hours, which means you are unconscious throughout the procedure. Occasionally it is done under local anaesthetic, meaning that you will remain conscious, but will not feel any pain.

Recovery time is generally quick, but do remember, this is surgery and although it rarely requires an overnight hospital stay, you should rest and abstain from sex for six weeks until the area has healed. You may experience some pain after the surgery but this can be treated with over-the-counter painkillers.

Please visit our [dedicated webpage](#) for more information on what the procedures involve.





Mr Eric Mutema
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Why choose the Lancashire Gynaecologist?

Mr Eric Mutema is a consultant gynaecologist and obstetrician, with considerable expertise in vaginal surgery, obstetrics and gynaecological conditions.

His practice is patient-centred, and he takes a caring and empathetic approach to help his patients overcome their anxiety and achieve a solution that they are happy with.

He will understand your cosmetic and sexual function needs as well as your general and gynaecological health. Treatments are tailored to meet the needs of the individual woman, after a full consultation.



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