

REFINING AND REDEFINING PLASTIC SURGERY

LABIAPLASTY (VAGINAL REJUVENATION)



VIVARI
AESTHETICS

Institute of Surgical Excellence

VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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OVERVIEW

Labiaplasty is a surgical procedure to reduce or increase the size of your labia. The surgery can be done either to reduce any discomfort from physical activities or to improve the appearance of your labia.

Your labia are the folds of skin around your vaginal opening. Two folds of skin can be found - the labia minora are the inner lips which help to protect the opening of the urethra and vaginal. The labia majora which are the larger outer lips which are covered in pubic hair and protect the external structures of the vagina.

CONSULTATION

Initially, you will talk to a plastic surgeon or gynaecologist about a Labiaplasty. The visit will likely include:

MEDICAL HISTORY AND EXAM

Prepare to answer questions about past and current medical conditions, previous surgeries, complications from previous surgeries, history of smoking and drug or alcohol use. Your surgeon will do a physical exam, may request recent records from your doctor or order a consultation with a specialist if there are any concerns about your ability to undergo surgery.

MEDICATION REVIEW

You will provide the name and dosages of all medications you regularly take, including prescription drugs, over-the-counter drugs, herbal medications, vitamins and other dietary supplements.

WHAT ARE THE REASONS FOR WANTING A LABIAPLASTY?

MEDICAL AND PHYSICAL REASONS

- Reducing Pain - Excess skin in the labia minora that causes discomfort as the skin protrudes past the edges of the labia majora. This can easily be pinched, tugged and twisted. Removing this skin, can help to alleviate this discomfort caused during physical exercise, sitting and sexual intercourse.
- Improving Hygiene - Excess skin can also make it difficult to clean the vaginal area, harbouring bacteria that can cause frequent urinary tract infections.
- Cosmetic and emotional reasons.

COSMETIC AND EMOTIONAL REASONS

- To restore a more youthful look after childbirth or aging.
- To reduce asymmetry (uneven shape) of the labia minora or labia majora when one side is longer or shaped differently than the other.
- To increase self-confidence and eliminate the visual lines, bulges or "camel toe" appearance when wearing body-conforming pants or leggings. Tight-fitting clothing can also cause physical discomfort if there's excess labia tissue.
- To improve comfort, confidence and sexual well-being about the appearance of your genitalia during intimate contact.

EXPECTATIONS

You and the surgeon will discuss what the surgery will involve, where it will take place, the type of anaesthesia used, the recovery and potential complications that may develop. Your surgeon will ask questions about your expectations for the outcomes of Labiaplasty.

During your labiaplasty procedure, depending on why it's being done, your surgeon either:

- Removes some tissue from the labia to reduce its size.
- Injects a filler material or fat into the labia to enlarge it.

HOW TO PREPARE FOR A LABIAPLASTY

FOLLOW MEDICATION DIRECTIONS

You will receive instructions about what medications to stop taking and when to stop. For example, you will likely be asked to discontinue any blood-thinning medication or supplement at least two weeks before surgery. Talk to your doctor about what medications are safe to take or whether the dosage should be adjusted.

BEFORE THE PROCEDURE

First, you and your surgeon will discuss the reasons why you want to undergo labiaplasty. You'll discuss your expectations and goals as well as the risks of the surgery. You may undergo a psychological exam including being asked about depression and anxiety. Next, your surgeon will explain the details of your surgery, including where incisions will be made and what to expect regarding changes to the size and shape of your labia.

You may undergo some presurgical tests including blood work, urinalysis, and chest X-ray. You'll be given instructions about what to wear to your procedure, when to stop food and drink, when to adjust or temporarily stop certain medications and other information on how to prepare for your surgery.

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AFTER THE PROCEDURE

After surgery, your provider removes your urinary catheter (if you have one) and you'll become more alert as the anaesthesia wears off. You'll be checked for bleeding. Before being discharged, you'll be given instructions about how to care for your wound while it heals. Your providers will also discuss pain control and give you information about activity restrictions and follow-up appointments.

HOW LONG DO THE RESULTS OF LABIAPLASTY LAST?

Labiaplasty performed as a reduction surgery is meant to be a one-time, long-lasting procedure. Unless complications develop, you may never need this surgery again. Enhancement labiaplasty with injections of fat or fillers may need additional "touch-ups" over time.

You should know that if you choose to have children after your procedure, your labiaplasty may be affected. Many people choose to wait to have their labiaplasty until after they've completed their families.

WHAT HAPPENS ON THE DAY OF SURGERY?

After you arrive at your surgical location, you will change into a surgical gown. A healthcare provider will take your vitals (temperature, pulse, blood pressure, oxygen level, breathing rate). You may have some blood work and urinalysis done again. They'll place an intravenous line (IV) in your arm or hand and they may place a urinary catheter in your urethra.

Next, your provider will cleanse your labia and the skin around it and shave your pubic area if needed. Then, they'll start anesthesia. You may have IV sedation with local anesthesia or general anesthesia depending on the procedure you're having. Your provider will discuss which type of anesthesia is best for you during the planning stage of your surgery.

Your provider chooses which surgical technique according to how your labia (labia majora and/or labia minora) will be resized or reshaped. They usually perform this surgery with a scalpel, scissors or laser.

WHAT ARE THE RISKS AND COMPLICATIONS OF LABIA SURGERY?

Complications are infrequent, but can include:

- Too much tissue or not enough tissue is removed.
- Bleeding.
- Bruising (hematoma).
- Infection.
- Wound breakdown.
- Scarring.
- Ongoing pain, pain with sex or loss of sensitivity.

Contact your doctor immediately should the below be experienced:

- Excessive swelling or worsening pain.
- Increased bleeding, seeing clumps of blood.
- Discoloured pus or discharge.
- Severe pain when peeing or pooping.
- Fever.
- Opening of the surgical site.

WHEN CAN I RETURN TO WORK, PHYSICAL ACTIVITY AND SEXUAL ACTIVITY?

You should be able to return to work and other light activities after a few days. If your job involves physical activity or lifting, you may need to stay home longer.

You should avoid the following for four to six weeks or until cleared by your surgeon:

- Strenuous exercise.
- Physical activities such as cycling, running, and swimming.
- Sexual intimacy.

Returning to these activities too soon can put pressure on the wound, tear stitches and delay healing.

IS THE RECOVERY PAINFUL?

You will have some swelling, discomfort, and pain, but it's usually easy to manage with over-the-counter medication, such as acetaminophen (Tylenol®), or a limited prescription medication. If your discomfort is not well controlled with the recommended medications, be sure to contact your surgeon. Home remedies, such as a cold compress or icepack, are helpful too. Apply an ice pack to the operative area (on top of a cloth undergarment) on a 20 minutes on/20 minutes off schedule to reduce pain and swelling. Most people report only mild pain or tenderness for a few days.

You may be given an oral antibiotic prescription or topical antibiotic to apply to your surgical wound to prevent infection.

Wear loose-fitting pants and undergarments during the healing period. Tight-fitting clothes or undergarments can cause friction against the wound and prevent or delay healing.

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VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA
REFRESH One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
REVIVE Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
RENEW Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
<i>* Please note that packages exclude incidentals like drinks and any additional spa treatments.</i>





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