

Many women suffer from an enlarged labia although most, are still within the normal range. Some may not like the appearance of their labia. You may be bothered by labial irritation while conducting normal activities, or find it difficult to keep the labial area clean or experience pain during sexual intercourse, sports or other vigorous activities.

Labiaplasty reduces large labia or reshapes uneven labia, improving their appearance and reducing associated discomfort.

What can cause large or irregular labia?

Some women are born with large, thick and/or irregular labia. Others may develop large labia after giving birth or as they age.

What does the surgery involve?

Labiaplasty is a relatively minor surgical procedure that trims large or uneven labia for cosmetic, hygienic, pain relief and/or functional reasons. It offers solutions to large labia in several ways:

- Improve the appearance of the vagina and vulva
- Boost self-confidence
- Reduce discomfort caused by clothes rubbing against the labia
- Eliminate pain caused by large labia during sexual intercourse
- Improve or restore sexual satisfaction that was hampered by large labia

Labiaplasty is usually done just after the patient has had her period. Recent advances in surgical techniques allow us to recreate the edges of the labia with a natural-looking color and shape. The wound is closed with absorbable sutures and covered with antibiotic cream/spray.

What are the possible complications of labia reduction?

Complications with labiaplasty are rare, but as with any surgery, there are risks. These can include bleeding, infection, poor healing, labial asymmetry, labia that are smaller or larger than desired, giving the need for a second surgery.

What is the recovery like after labiaplasty?

Most patients have an easy recovery after labiaplasty, experience only mild swelling and little to no discomfort. Patients typically return to work in two to four days and resume sexual activity in four or so weeks.

Aftercare following labia surgery

These aftercare instructions have been produced in order to enhance your recovery following your Labiaplasty procedure. We recommend that the aftercare advice is adhered to and if you are unsure about anything then please do not hesitate to contact us.

- After surgery you may experience some mild discomfort and swelling, which usually disappears completely after 1 week. We advise you take a mild painkiller such as paracetamol and/or ibuprofen if you are experiencing any discomfort. Please do not take either of these painkillers if you are allergic to them.
- We recommend you shower daily, after your labiaplasty surgery and where possible avoid having baths. Baths are less hygienic than showers. Wash as normal using your normal toiletries.
- It is imperative that you keep well hydrated after your labiaplasty surgery, this will also ensure your comfort when passing urine.
- Keeping the area clean and free from infection post labiaplasty is essential and so changing your underwear regularly is advised. Some patients also prefer to wear small panty liners for the first 2-3 days post procedure.
- Do be vigilant with hand hygiene. We will see you between 5 and 7 days post procedure to ensure you are comfortable and to review your progress. If, however you have any concerns or queries prior to your consultation then do get in touch.