

Clitoral Hood Reduction

Surgery to decrease the size of the clitoral hood to improve the genital appearance and increase sensation

What is Clitoral Hood Reduction?

Clitoral Hood Reduction is surgery to remove excess skin from the hood of the clitoris, reducing its size and increasing clitoral sensation.

The experienced surgeons at Bella Vou provide bespoke Intimate Rejuvenation. Clitoral Hood Reduction can be a stand-alone procedure or combined with a Labia Minor Reduction to remove excess folds of skin, rejuvenate the vulva, and create a neat and balanced genital appearance.

Why have Clitoral Hood Reduction?

Natural anatomy and the effects of ageing can make the skin over the clitoris appear bulgy or prominent. The clitoral hood may protrude, catching on clothing or causing discomfort during sex. It can also make the area stick out so that it resembles a small penis. Furthermore, for some women, the excess skin over the clitoris reduces sensation and subdues sexual pleasure.

If you are unhappy with the appearance of your vulva, if excess skin covering your clitoris is reducing your confidence and affecting your sex life, then Clitoral Hood Reduction surgery can help. The specialist aesthetic surgeons can remove excess skin to improve the appearance of the genital area and restore your body confidence.

What happens in Clitoral Hood Reduction?

At Bella Vou, Clitoral Hood Reduction is performed under local anaesthetic as a day case procedure, so you won't need to stay in the clinic overnight.

The surgeon carefully cuts away the extra tissue to make the hood shorter, neater, and less prominent. The surgeon will close the incisions using fine, absorbable sutures that don't need to be removed.

How long is the recovery from Clitoral Hood Reduction?

You'll be able to go home following surgery. However, you should relax and recover overnight and avoid exercise and heavy lifting for two weeks. You will need to avoid intercourse for at least four weeks to allow the wounds to heal.

Some pain, swelling, and bruising are normal with any surgery. In this sensitive area, it can take up to ten days to settle. Bella Vou will provide antibiotics to protect against infection, and safe, effective pain relief to keep you comfortable.

Quick glance guide to Clitoral Hood Reduction

Procedure Time: 60 minutes

Recovery: 1-2 weeks. No sex for 4 weeks

Anaesthetic: Local anaesthetic

Hospital stay: No

Treats: Enlarged clitoral hood, overhanging clitoral hood

Why choose Bella Vou for Clitoral Hood Reduction?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments, and intimate health care. The state-of-the-art clinic provides the latest procedures in a discreet, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou's surgeons are highly-skilled and experienced in Intimate Surgery. Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled staff is passionate about helping people achieve the results they want and making their experience pleasant and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Clitoral Hood Reduction journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve, and whether surgery can help you reach those goals.

The expert aesthetic surgeon will sensitively evaluate the proportions and balance of the vulva, and the location of any excess skin or tissue. In careful consultation with you, they will plan the best treatment to achieve your goals. This could include Clitoral Hood Reduction, Labiaplasty, or Labia Majora Reduction to ensure the genitals appear balanced, natural, and attractive. Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your surgeon before proceeding to surgery. This will give you a chance to find out more about the procedure, understand any risks and complications, and to ask any questions you may have.

Preparation for Clitoral Hood Reduction

You'll be given personal pre-operative advice to reduce your chance of bleeding or infection and help your healthy recovery.

Let your surgeon know if you're on any medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bleeding and bruising. It's also important to stop smoking cigarettes and e-cigarettes before and after surgery because they can affect the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you'll be awake for your procedure, your surgeon will greet you, explain what will happen, and offer support throughout the operation.

What happens during Clitoral Hood Reduction?

Clitoral Hood Reduction is carried out under local anaesthetic, as a day case. You will be placed in stirrups to facilitate the surgery. Before treatment, the consultant will apply a topical anaesthetic cream to ensure your comfort. They will then carefully inject local anaesthetic to make the area completely numb; you may feel movement, but the procedure will be pain-free.

The procedure will depend on your anatomy and the amount of skin to be removed. The surgeon will carefully mark the area to guide the surgery. They will excise extra tissue, reducing the folds to make the hood shorter and less prominent.

The surgeon will close the incisions using fine, absorbable sutures that don't need to be removed.

Recovery from Clitoral Hood Reduction

You will usually be able to go home on the day of the procedure. The staff at Bella Vou will monitor your recovery and provide support every step of the way.

Some pain, swelling, and bruising are normal with any surgery. In this sensitive area, it can take up to ten days to settle. Bella Vou will provide antibiotics to protect against infection, and safe, effective pain relief to keep you comfortable.

After one week, the nurse and wound care specialist will check that you're well and inspect your scars. You should avoid exercise and heavy lifting for two weeks. You will need to avoid intercourse and using tampons for at least four weeks to allow the wounds to heal. You can then gradually get back to normal activities. The Bella Vou team is always available if you have any questions or concerns at any time.

FAQs

Could I lose clitoral sensation?

You will have a temporary reduction in sensation due to the local anaesthetic. The surgeons do not damage the nerves to the clitoris during the surgery, but you will be bruised and swollen in this area, which can reduce your sensitivity.

The feeling usually returns to normal, but can sometimes take three to six months. Following surgery, more of the clitoris is exposed so that the clitoris can be more sensitive. Although it is not guaranteed, many women notice they can achieve increased intensity and frequency of orgasm.

How do I know which is the best treatment for me?

The specialists at Bella Vou are experts in Intimate Surgery. They will listen to your worries, examine the area, and develop a treatment programme that will address your concerns. The specialists understand that many women feel uncomfortable or embarrassed, sharing an intimate problem; they will be professional, sensitive, and supportive throughout.

Is Clitoral Hood Reduction painful?

The team at Bella Vou is dedicated to ensuring your comfort during treatment. They will apply numbing cream forty minutes before surgery. They will then inject local anaesthetic into the area, using a combination of long and short-acting anaesthetics to provide comfort during the procedure and for some time after the surgery.

Most patients experience mild discomfort after surgery. However, some women experience burning pain around the area. We will give you painkillers to help effectively control the pain.

Will my sex life improve?

This is difficult to answer. Sex is not just about anatomy; it's about confidence and relationships. But, an improvement in the aesthetics of the region can increase self-confidence and result in a more positive sexual relationship.

The purpose of clitoral hood reduction is also to enhance clitoral stimulation during sex by improving access to that area. A more accessible clitoris will lead to a higher chance of stimulation.

Can I have O-Spot and G-Spot injections with Clitoral Hood Reduction?

The O-spot and G-spot injections can help to increase the ability to stimulate the area to improve the chances of achieving orgasm and a more fulfilling sexual relationship. You can combine this with surgery, but we advise you to carry this out after the swelling has settled, and the wounds are healed.

If you have excessive hooding, then even with an injection, if the area is covered, stimulation will be slightly harder to carry out effectively.