

## What Is a Laser-assisted Labiaplasty?

A labiaplasty is generally a surgical treatment of the labia minora. Laser-assisted labiaplasty tightens with labia minora in a short series of office procedures without surgical treatment or need for sutures.

## How Does the Laser Labiaplasty Treatment Work?

Laser treatment is a new non-surgical way to treat excess looseness of the outer vulva. This is best targeted to the visible folds of the labia minora. The medical laser delivers controlled energy to the surface of the labia minora to tighten and boost collagen production.

The fractional CO2 laser treats the vaginal wall by delivering microchannels of energy. As the tissue heals, this promotes local collagen synthesis, improved blood flow, and connective tissue remodeling. The microchannels shrink and new collagen is deposited, producing a surface tightening effect.

## Who Can Have a Laser Labiaplasty Treatment?

Laser-assisted labiaplasty works best with minimal wrinkling and laxity. This is often paired with internal vaginal laser treatment. Very wrinkled or loosened labia minora are best addressed with surgical treatment, or a combination of laser and surgery.

You must be in good general health (subject to review by a physician), with updated and clear Pap tests:

- Non-cigarette smoker
- Good genital health
- No infections or active sores
- No cancer

A health evaluation must be performed to ensure there are no health conditions that may pose a high risk for laser treatment of the vagina or skin.

## What to Expect

The laser treatment is short, and is done in the medical clinic. For menstruating women, this is best performed when there is no active bleeding. The clinic staff will help you prepare by adding a numbing cream for 30 minutes.

Additional freezing may be placed by the doctor if needed.

The laser procedure takes place in a private clinic procedure room and lasts approximately 15–20 minutes. There is slight soreness felt after the procedure but you are able to move and walk right away.

## Recovery

After treatment, there is residual soreness in the vulva for a few days. Post-treatment instructions for daily ointment dressing will be given. A light liner or pad may be used for spotting which may last a few days. Most women are able to return to normal activities after 1–3 days. Avoid sexual intercourse or tampon use for 7 days.

## How Many Treatments are Needed?

Three to four treatments in the office, spaced 4–6 weeks apart are generally needed. Following this period, annual treatments may be needed to maintain the effects.

## What Are the Side Effects and Risks?

Normal side effects include mild redness, swelling, and discomfort which resolve after 1–3 days. There may be temporary increased discharge that is tinged with blood during this period.

**There is no guarantee of improving the sexual experience, orgasm, libido or desire as these are complex personal and relationship experiences.**

