



## Vaginal Tightening/Rejuvenation

### **What is Vaginal Tightening/Rejuvenation?**

An outpatient procedure to reduce the size of the vaginal opening, making it more tight.

### **Why would I do that?**

Often, after the stretching that occurs during childbearing, the vaginal opening does not return to its former state. It remains loose, and women (and their sexual partners) complain that there is not enough friction to provide for a fulfilling sexual experience.

### **What can I expect?**

The procedure is done in our office with local anesthesia. The only discomfort is the “prick and burn” sensation of the anesthetic injection. We then use surgical instruments to remove the stretched tissue, then thin, small, dissolvable sutures are used to close the skin edges. The procedure takes about 30 minutes to do.

### **How about afterwards?**

There is definitely some discomfort and swelling that is more pronounced for about 2-3 days and usually completely resolves within 1-2 weeks. Depending on your pain tolerance, you might need some prescription pain medication, or you might be fine with over-the-counter medications such as ibuprofen. We recommend that you not exercise until the surgical site is healed, and that you not have sexual intercourse for about 4 weeks. You will need to keep the site clean, which can be accomplished with normal showering or bathing and by using a squirt bottle to rinse the area a few times a day. We also recommend using an antibiotic cream on the edges to keep them soft and to decrease the chance of infection. This area has a plentiful blood supply and usually heals very well. The healed edges are usually soft and are rarely noticeable. We see you for a post-operative check 10-14 days afterwards.

### **What are the risks?**

While very minor, this is a surgical procedure. There is a very small chance of bleeding, infection, and visible scarring.

### **What is the cost?**

Most “designer vagina” centers charge \$3000 to \$5000 for this procedure! We feel that this is excessive and unfair. We offer the same procedure for \$1200.

### **Is this covered by my insurance?**

Most likely, the answer is no because this is considered a cosmetic procedure. You will be asked to pay our fee at the time of scheduling.

### **How do I schedule this?**

Just ask us to put you on the schedule! Patients often prefer to do this on a Thursday or Friday so they can start healing over the weekend and be back to work on Monday.