SEXUAL_HEALTH

An Essential Guide for Cosmetic Gynecology

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With the realm of emerging medical technology, every day we come across a number of treatments, some of them are necessary while some of them depend on an individual requirement.

Cosmetic Gynecology is a rapidly expanding field of surgery that is not essential but is favored by women.The procedure is carried out by experts in different fields such as gynecology, urogynecology, urology, and plastic surgery.

Over time, pregnancy experiences, hormonal shifts, and giving birth have altered the look of the vagina, causing women to feel self-conscious about it. Cosmetic Gynecology helps a woman to gain their confidence by giving not only aesthetic vaginal appearance, but also better sexual desires and vaginal function repairs.

Is it essential for all?

No, it is recommended to only those women who are not satisfied with their vaginal appearance or desire to enhance their sexual pleasure, undergo this procedure.

When to choose Cosmetic Gynecology?

There can be a myriad of reasons to choose Cosmetic Gyneoclogy. Some of the major reasons can be:

- Gift to a partner
- Boosts Self confidence
- Enhance Sexual Desires
- Improve Vaignal appearance or elasticity

Before going for this treatment, you must know the things you need to avoid. Some of them are:

- Inappropriate BMI
- Excessive Alcohol Consumption
- Smoking
- Poor Hygiene
- Unprotected Sex
- Certain Medications

Surgical and Non-surgical processes

Surgical Option

Some of the surgical processes are:

- Labia Minora Plasty
- Labia Majora Plasty
- Hymenoplasty
- Clitoral Hoodectomy

Non-surgical Option

Some of the non-surgical treatment options are:

- Vaginal Rejuvenation with Laser
- Laser vulvar skin Tightening
- Laser Vulvar whitening
- Fillers and injectables
- G-Spot Amplification

In depth insights for some treatment procedures

Vaginal Rejuvenation (VR)

This treatment method is utilized to address vaginal laxity syndrome (VLS) and to tighten the vagina.

While VR procedure was once primarily based on anecdotal evidence, this field has progressed significantly in recent years. A growing body of scientific research is now supporting these procedures, with findings presented at international conferences and published in reputable medical textbooks.

However, there is still a need for further high-quality studies to solidify the evidence base for these treatments.

Labiaplasty

Labiaplasty is used to reduce the Labia minora size. This treatment option has emerged as a rapidly growing trend in cosmetic surgery worldwide. While increased media attention may have contributed to this surge, it primarily reflects a shift in societal attitudes that now prioritize women's comfort and self-esteem related to their genital appearance.

Research indicates that body image concerns in this area directly impact women's confidence and sexuality. Consequently, there is a growing demand for procedures to alter the vulvar region.

However, the lack of standardized techniques and the procedure's relative novelty have led to a concerning increase in inexperienced surgeons performing labiaplasty, potentially resulting in complications and patient harm.

G-spot Amplification (GSA)

This treatment option involves human engineered collagen, FDA approved biological substance used to augment the G-spot. GSA is a 15-minute process that improves the women's sexual experience.

Who can perform Cosmetic Gynecology?

Urogynecologists are at the forefront of developing and implementing innovative techniques for these procedures. With various subspecialists of Gynecology, Urogynecologist best fit to address the functional, aesthetic and sexual concerns of women.

Research shows that with a growing surge of this procedure there are more than 20 courses worldwide per year where training and hands-on expertise are provided.

Competing interests

The authors declare that they have no competing interests.

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