

## How to Avoid the Botched Labiaplasty

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### *Abstract*

There has been a demand for labiaplasty procedures brought about by information from the internet. The appearance of the labia minora varies from woman to woman. These are variants of normal, yet some women choose to improve their external genitalia for functional or aesthetic reasons. Some experience discomfort even while walking, others have pain and difficulty when engaging in sports and during sexual intercourse. Others want to look good down there to boost their self-confidence.

As more labiaplasty procedures are done, we get to see the good outcome as well as the not favorable results. Complications such as edge dehiscence, infection, hematoma, overresection/amputation, poor aesthetic appearance may arise from many factors. These factors include patient selection, pre-operative evaluation, surgical technique and post-operative management. Common practices spanning all these factors in order to avoid the botched labiaplasty will be presented.

Methodology and theoretical orientation: Review of the outcome of all labiaplasty procedures done from 2017 to 2020 using both the curved linear resection technique and combination of curved linear resection and wedge de-epithelialization techniques. The surgical pearls in performing the technique which result to good outcomes will be discussed and shown.

Conclusion and Significance: Though the hypertrophic labia minora is a variant of normal, symptoms like discomfort and pain are experienced by some women. The decision for them to undergo the labiaplasty procedure is driven by their desire to improve their quality of life and well-being.

The area of the female genitalia is the expertise of gynecologists. Their mastery in this field coupled with training in aesthetic and cosmetic gynecology make them most qualified to perform labiaplasty and other surgical and non-surgical aesthetic gynecology procedures.

### *Biography:*

Dr. Grace Jaafar has expertise and passion in alleviating women's health and well-being through her practice of aesthetic and cosmetic gynecology. She is a board-certified obstetrician gynecologist and had her training in cosmetic vaginal surgery and rejuvenation under Dr. Alex Bader, founder of the European Society of Aesthetic Gynecology. She is one of the pioneers in aesthetic gynecology in the Philippines, co-founder and board of Director of the Philippine Society for Cosmetic & Aesthetic Gynecology.

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