

## VAGINAL REJUVENATION

There is an increasing number of treatments and procedures, commonly referred to as 'vaginal rejuvenation', that aim to improve vaginal function, appearance and sexuality.

### What is vaginal rejuvenation?

'Vaginal Rejuvenation' is a term that refers to surgical and non-surgical procedures that reduce vaginal width with the goal to increase function and well-being. While enjoying a longer life expectancy, women face an increasing number of gynecological problems such as uterine prolapse, incontinence, vaginal relaxation syndrome and decreased sexuality. Up to 40% of women experience psychological distress from sexual dysfunction but far fewer seek medical attention for this problem.

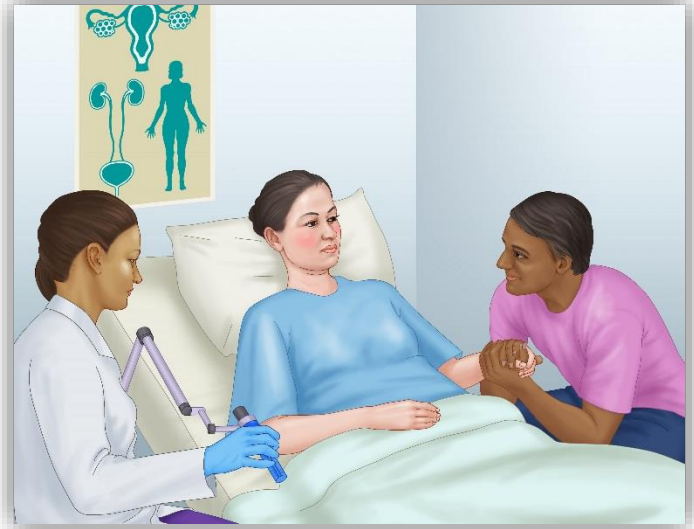
### What vaginal rejuvenation options are available?

There are surgical and non-surgical options. Surgical procedures commonly include vaginal tightening, labia minoraplasty (surgically reducing the size of the labia minora), labia majoraplasty, clitoral hood reduction, and hymen reconstruction. Common non-surgical procedures include platelet-rich plasma (PRP), fillers, and energy-based treatments such as lasers and radiofrequency.

### Non-surgical options

These include energy-based devices (lasers, radiofrequency-based), PRP, and fillers. Energy-based devices harness heat to stimulate type-1 collagen and elastin production, and increase blood flow resulting in improved vaginal laxity and lubrication. These procedures are generally painless, last 8-30 minutes, and require no anesthesia. Two to three sessions are recommended, with a touch-up approximately 12-18 months later.

PRP, prepared from the patient's own blood, contains a high concentration of platelet-derived growth factors that, in conjunction with energy-based devices, can be used to rejuvenate the vagina, improve orgasms, and enhance urinary control in stress urinary incontinence. Finally, G-spot amplification, a procedure geared towards enhancing sexuality, involves either collagen injections, PRP, or non-permanent filler (typically hyaluronic acid). By making the G-spot more prominent, directing it closer to the inner vagina, and increasing frictional contact, this procedure improves the chances of easier, longer, and more intense orgasms. The results generally last for 3-5 months.



### Surgical interventions - Vaginoplasty

This procedure tightens the full length of the vaginal wall and strengthens the perineum to reinforce the strength and integrity of the area. Surgical vaginoplasty can be performed in an office-based surgical setting and requires local or regional anesthesia. Complications of this procedure occur at a rate of 2-3.7% and include dyspareunia, lack of lubrication, constipation, wound infection, hemorrhage, suture breakdown (mostly in perineum), buttock pain that can last several weeks, and rectal mucosa perforation.

#### FOR MORE INFORMATION

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