

There is more to good sex than a tight vagina, but it certainly helps

Terms such as vaginal rejuvenation, designer vaginoplasty, revirgination, G-spot amplification are all used to describe certain cosmetic gynecologic procedures. With all



Marja Sprock, M.D.

the terms being used interchangeably, it is sometimes hard to understand what they all mean.

In this article, I will describe some of the terms being used and the changes it can possibly accomplish.

The goal of the woman desiring cosmetic gynecologic services is often to enhance sexual gratification/satisfaction for her and her partner and/or to look more physically appealing by changing the appearance of her genitalia. Cosmetic gynecology is plastic surgery in the vaginal and vulvar area.

The desire to have this surgery performed has steadily increased and more gynecologic surgeons are offering the service. With all kinds of terms used interchangeably it all gets to be quite confusing.

Vaginal rejuvenation, designer vaginoplasty are meant to describe the width adjustment of the vagina and realignment with the perineal body (area between vagina and rectum) that can be made by some well-placed surgical stitches in the support tissue of the vagina. If the laser is involved it is mostly used for incising the tissue. The stitches will dissolve quickly.

For clarification, I will mention that there is one procedure on the market that claims laser tightening without

placing the stitches, however it lacks long-term data.

Another procedure is G-spot amplification, enlargement injections in the front wall of the vagina where the G-spot is located. This will have to be repeated when it wears off and obviously the owner of the injected G-spot is the best one to judge how well it works.

Labiaplasty refers to reshaping or resizing of the labia majora or minora (the large and small lips). Usually women like to have their labia minora small and the majora will differ. In Brazil, where plastic surgery is being used a lot, women like protruding labia majora, in the United States women sometimes prefer to have them flattened. Obviously it is a very personal decision depending on what you desire to look like.

Clitoroplasty refers usually to flattening of the clitoral body, obviously not removal of the clitoris, since that would not aid sexual pleasure.

As emphasized by the American College of Obstetrics and Gynecology (ACOG), every woman is different and vaginas and labia come in all different sizes and shapes. This is not any different from breasts or any other body parts where women choose an adjustment.

ACOG reiterates cosmetic gynecologic procedures are not medically indicated and safety and effectiveness have not been documented. The complications of infection, altered sensation, pain with sex, adhesions and scarring, as well as the lack of data, are other factors of their hesitancy towards supporting the cosmetic procedures of the genitalia.

Obviously, the procedures did not become so popular if these problems usually occur. Cosmetic gynecology, which includes numerous procedures, is not limited to vaginal rejuvenation and labiaplasty, but is emerging quickly as a popular surgery, and for obvious reasons.

For years women and, secretly their partner(s), wished the vaginal sensation would return to normal before they had kids.

Women who had noticeable sagging of their vagina, prolapse, noted that after surgery the sexual pleasure improved tremendously. However, so many women have a vagina that is wider, but not prolapsed and did not qualify for regular pelvic floor corrective surgery.

Insurance will not cover the vaginal tightening procedures, however the services are at least available now.

I agree with ACOG that the proprietary use of some of the cosmetic gynecology procedures limits a good collection of data to advance science and offer woman improved procedures over time, however to deny women services that could potentially improve their sex life and self-esteem is troubling.

Women should be able to make their own decisions towards the need for intervention in their vulva and vagina, like they do for their abdomen, breast, face and all other areas of their body.

Although it is usually women that have had vaginal births that look for vaginal rejuvenation or tightening of the vagina to improve their sensation to what it used to be, the first patient I ever treated many years ago for this

reason was 50 and never had had any children.

Her first husband left her, as did numerous other sexual partners, for what she discovered later was her unusually large vagina. She had seen some other gynecologic surgeons in the area, but preferred that I would restore her vagina, because of my reputation and expertise in vaginal surgery.

I could only agree with her assessment; her vagina was unusually wide over the entire length. Subsequently her vagina was surgically adjusted to her complete satisfaction. Her (sex) life has improved significantly and I am glad I did not quote her the ACOG opinion that we come in all different sizes and she basically had to live with it.

Cosmetic gynecology has given a lot of women an improvement in their sexual gratification and body image. Discussion before surgery is very important to understand your needs and wishes to improve your genital area and happiness as well as the risks involved.

A tighter vagina is not the only answer to a more gratifying sexual experience, but it sure helps.

Marja Sprock at Central Florida Urogynecology in Rockledge will be able to adjust your vagina and labia to suit your needs. Please see her for a consultation to discuss your options and desires. Dr. Sprock is a board certified OB/GYN, fellowship-trained urogynecologist

Visit www.centralfloridaurogynecology.com or call 321-806-3929 for more details. ♦