

Cosmetic Gynecology



Cosmetic gynecology is a group of procedures that some patients choose to have done to alter the way their genital organs look and function on the inside. There is no ideal body standard and variations in body parts are normal. The big difference between cosmetic gynecology and other gynecologic procedures is that cosmetic gynecology procedures are not medically necessary, meaning that they are not done to fix a medical problem.

What do cosmetic gynecology procedures do?

Cosmetic gynecology procedures can be done for the following results:

- **Reduction**—To remove tissue to make an area smaller or less apparent
- **Tightening**—To decrease the appearance or feeling of loose tissue, usually treating the area without removing tissue
- **Augmentation**—To make larger or change shape or appearance
- **Amplification**—To increase in surface area or functional effect
- **Depigmentation**—To lighten the color of the skin around your genitals and anus

How are cosmetic gynecology procedures done?

Cosmetic gynecology procedures can be done in the following ways:

- **Surgical**—The use of scalpel, scissors, heat, and/or sutures to achieve the desired result
- **Energy based**—Application of an energy-based source, such as lasers, radiofrequency, and ultrasound, to alter your genital tissue
- **Lipectomy**—The use of a thin tube inserted under your skin to remove fat tissue
- **Filler**—Injection of a substance in a tissue to alter its appearance or function
- **Topical**—The use of a cream or ointment applied to your skin to alter appearance

LEARN THE TERMS

Cosmetic gynecology can be performed on one or more of the following parts of your body:

Anus: The opening where bowel movement occurs

Clitoris: The small, sensitive part at the top of your vulva. It can become erect when it is stimulated

Labia majora: The outer folds of skin that has hair on either side of your vaginal opening

Labia minora: The inner folds of skin on either side of your vaginal opening

Mons pubis: The area of fatty tissue above your genitals that covers your pubic bone and is typically covered with hair

Vagina: The canal leading to your cervix and uterus

Vulva: Your external genitals

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What should I know before considering a cosmetic gynecology procedure?

It is important to understand that there is no ideal body standard and that variations in body parts are normal. You should also understand that cosmetic gynecology procedures are your choice. They are not procedures to fix or cure a medical problem. All surgeries have risks and results are not guaranteed. Decisions about these procedures are yours alone to make, without pressure or influence from outside sources such as friends, family, partner, your doctor, social media or the internet. These procedures are performed by a variety of providers. Make sure to find a qualified and experienced doctor.

What might my doctor discuss with me before my cosmetic gynecology procedure?

If you decide to consider a cosmetic gynecology procedure, you will need to have open and honest conversations with your doctor. Your doctor will need to talk with you about many things such as your relationships, your sexual activities, your quality of life, any medical conditions, previous cosmetic surgery, and your expectations for the outcome of the procedure.

Be sure to ask your doctor about:

- Details and risks of the procedure
- Your procedure preferences and expectations
- How long recovery will take and when you should expect the final results
- Help you may need from others during recovery
- Pain control
- Additional costs beyond the procedure, such as follow-up visits or procedures, medication, time off work
- Your options if you are not satisfied with the final outcome

To review the joint report on Terminology for Cosmetic Gynecology, go to:

https://journals.lww.com/fpmrs/Fulltext/2022/06000/Joint_Report_on_Terminology_for_Cosmetic.2.aspx

Takeaways

- 1. The big difference between cosmetic gynecology and other gynecologic procedures is that cosmetic gynecology procedures are not medically necessary, meaning that they are not done to fix a medical problem.**
- 2. There is no ideal body standard and variations in body parts are normal.**
- 3. Decisions about these procedures are yours alone to make, without pressure or influence from outside sources such as friends, family, or partner, your doctor, social media, or the internet.**
- 4. If you decide to consider cosmetic gynecology, you will need to have extensive conversations with your doctor; including: questions about the procedure, recovery time, additional costs, your expectations, and your options if you are not satisfied with the outcome.**