

# Vaginal Rejuvenation

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# A New Revolution in Feminine Rejuvenation

## Why Vaginal Rejuvenation?

For many years, I have been treating women with enlarged labia (the lips of the vagina). The most frequent complaints have been irritation of the labia minora (inner lips) with tight fitting clothing (jeans, yoga pants, and swim wear), activities like horseback riding, bicycling, sexual intercourse, as well as cosmetic concerns of labia minora protruding beyond the labia majora.

The surgical reduction of the labia minora provides relief from irritation and self-consciousness during intimacy. Another issue for some women has also been the appearance of prominent labia majora when wearing tight fitting clothing (“Camel Toe”).

The surgical options for reducing the labia work very well and the results have provided relief and gratification for the women who have undergone these procedures.

Recently, I was introduced to a revolutionary new technology for vaginal rejuvenation, ThermiVa.

What is so exciting about this new technology is that this in-office procedure is non-surgical, painless, requires no recovery and provides immediate results!

What is even more amazing about ThermiVa is that it can reduce the labia majora and labia minora, clitoral hood excess, tightens the vagina and enhances the G-Spot in a half-hour procedure. Many women with mild urinary stress incontinence have also noticed improvement. Women have reported improved lubrication and increased sexual pleasure after ThermiVa treatments.

## Continued...

The patients I have treated have said that the half-hour treatment is pleasant or even pleasurable: the gentle heating of the tissues feels similar to a hot stone massage. There is truly nothing that compares with ThermiVa in accomplishing so much and so comfortably.

For example, surgical labiaplasty (reduction of the labia minora) requires local anesthetic and 6 weeks before resuming sexual intercourse or other activities that would irritate the delicate tissues as they heal.

The newest laser procedures still require 4 days abstaining from sexual intercourse.

So if you have had any discomfort from prominent labia, vaginal laxity after childbirth or decreased intimate pleasure, call our office to set up a consultation to learn if you're a good candidate for ThermiVa!

With no recovery time needed after treatment, ThermiVa is an excellent procedure to do in the summer time; So call today!

**– Dr. Zwiebel, MD, DMD FACS**



# Vaginal Rejuvenation

procedures or cosmetic surgery of the female genitalia include:

**Labiaplasty** – reduction of the skin folds around the vagina

**Monsplasty** – contouring the pubic mound

**Clitoral Hood Reduction** – reducing excess tissue of the hood of the clitoris

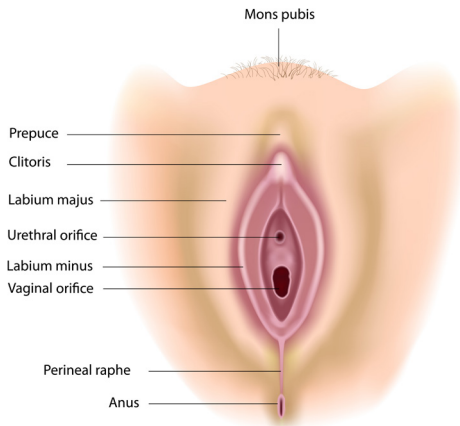
**Vaginoplasty** – usually to tighten the vagina

**G-Spot Enhancement** – to increase sexual responsiveness and pleasure

Women choose genital cosmetic surgery to improve the appearance of their genitals, alleviate symptoms, or enhance sexual pleasure. There is a very high rate of satisfaction with the results of these procedures.



# Anatomy



The labia majora are the outer skin folds surrounding the vagina; the labia minora are the inner skin folds. The female external genitals are called the vulva and include the labia, clitoris, clitoral hood, urethra (urinary opening) and the vagina. The labia minora surround the urethra and vagina and extend from the clitoral hood to the posterior border of the vagina. The labia majora extend from the mons pubis (pubic mound) to the perineum (the area between the vagina and the anus). The size, shape, and color of the labia minora normally vary considerably among women, and it is not

unusual to see considerable asymmetry (differences between the two sides): one of the labia minora is normally larger than the other. The labia minora may be hidden by the labia majora or protrude beyond the labia majora. The labia minora often enlarge during sexual arousal. The labia minora may change in size due to genetics, hormonal effects (pregnancy), or as a result of mechanical effects, such as piercing, sexual intercourse, or activities like bicycling or horseback riding. The labia majora and mons pubis may change as a result of pregnancy, aging, weight gain or loss.



# Labiaplasty

Labiaplasty is a plastic surgical procedure to change the shape or size of the labia minora or labia majora.

Enlarged labia can cause pain due to friction with activities and sexual intercourse, as well as self-consciousness and inhibition during sexual intimacy. Enlarged labia (“Camel Toe”) may also cause self-consciousness in tight fitting clothing and swimsuits. The psychological and physical benefits of plastic surgery of the female genitals can be quite substantial in improving self-esteem and decreasing discomfort.

# Labiaplasty Procedures

**Edge Resection** – surgical trimming of the outer edge of the labia minora to reduce its size. This is the simplest surgical technique, leaving a less wrinkled and pinker edge to the labia minora.

**Wedge Resection** – this surgical technique reduces the size of the labia minora by removing a pie slice-like wedge from the labia minora and stitching the remaining edges back together. This technique preserves the wrinkled edge and pigment of the labia minora.

**De-epithelialization** – removes just the top layer of skin from the middle portion of the labia and stitches over the area to shrink the labia. This also preserves a wrinkled edge to the labia minora, but is useful for only limited reductions and recurrence is more likely than other techniques.

**Clitoral Hood Reduction** – Surgical trimming of excess thickness or amount of tissue of the clitoral hood. Too much reduction is to be avoided to prevent overexposure hypersensitivity of the clitoris.

**Laser Labiaplasty** – usually involves the de-epithelialization technique. Studies show little or no advantage to using the laser, despite claims of quicker healing, which appear to be more a marketing ploy. There are reports of increased incidence of cysts forming after laser labiaplasty.

**ThermiVa** – a non-surgical, non-invasive technique that uses radio frequency to gently heat, stimulating contraction of the collagen (structural protein) of the labia, causing shrinkage.

# Vaginoplasty

Vaginoplasty is performed to reduce (or widen) the vagina to enhance sexual intercourse.

Surgical or laser reduction can be done to tighten the vaginal canal, if Kegel exercises to tone and strengthen vaginal muscles are not producing adequate results.

Surgical labioplasty and vaginoplasty procedures are normally done as an out-patient procedure, with either oral sedation and local anesthetic, or with intra-venous sedation.

Dissolving sutures are used. Patients will apply antibiotic ointment and wear a pad for 5-7 days. Most sports, vigorous exercise, tight clothing, insertion of tampons, and sexual intercourse must be avoided for a minimum of 4 weeks, to allow for adequate healing of these delicate tissues.

Patients may shower immediately, but avoid soaking in a bath (or pool) for 1 week.

Most patients will use some amount of pain medication for a day or two, post-op.

Potential complications are infrequent, but may include:

- Bleeding
- Pain
- Suture line separation
- Infection
- Pain with intercourse
- Recurrence
- Unsatisfactory appearance – (under-correction, over-correction, or asymmetry)



# ThermiVa

By contrast, as a non-surgical, non-invasive labiaplasty, ThermiVa is painless and requires no recovery time: patients may immediately resume all normal activities, including sexual intercourse and vigorous exercise. ThermiVa does require a series of three monthly thirty minute treatments to achieve optimal results. Because the treatment is painless, no anesthesia or medication is required. ThermiVa requires a single treatment annually for maintenance of results.



A ThermiVa treatment can include labiaplasty, clitoral hood reduction, vaginal tightening and G-spot enhancement. Patients report improved lubrication, erotic response and sexual pleasure after treatment. Some patients also note improvement with urinary stress incontinence.

Another technique for G-spot enhancement is injection of fillers into the anterior vaginal wall, enlarging the G-spot and making it more prominent. This technique requires no recovery time, but requires annual maintenance, as the filler will last about a year.

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