

## Vaginal rejuvenation 101

Everyone's heard of face lifts, and you're probably aware that there are lifting procedures for buttocks, thighs, arms, necks, bellies and more. But how much more?

Vaginoplasty, or vaginal tightening, has been around for years as a reconstructive treatment for "vaginal relaxation" – the loss of elasticity after cancer treatments or other medical conditions. But [vaginal rejuvenation](#) is about both form and function, combining both [vaginoplasty](#) and [labiaplasty](#) to provide a "face lift" for the vagina and vulva. Since 2012, both surgical and laser vaginal rejuvenations have been steadily rising, and are gaining popularity among women who wish to reclaim control of their own sexual gratification.

Vaginal rejuvenation is not purely reconstructive, but neither is it purely aesthetic. Childbirth, chronic constipation, or simply the effects of time and gravity can weaken the vaginal muscles, making it difficult to use tampons or certain types of birth control. Some sexual positions may be uncomfortable and/or noisy due to air becoming trapped in the vagina during intercourse. Additionally, the lack of friction may cause your partner to worry that he or she cannot satisfy you. The specific outcome of vaginal rejuvenation is, quite simply, a tighter vagina that returns you (and your partner) to your previous levels of sexual satisfaction.

During the procedure (which typically takes 1-2 hours), the external diameter of the vaginal canal is reduced, and the internal muscles are tightened. Enhancing your vaginal muscle tone and control means more pleasure for both you and your partner. Vaginal rejuvenation can also remove excess prepuce (skin along the side of the clitoris) that may be impacting your sexual pleasure. Your labia majora and minora may be reduced or enhanced, depending on your goals for comfort and appearance; some patients also choose to have liposuction of the mons pubis for a more comfortable, contoured look. The surgery may even have the added benefit of alleviating [stress urinary incontinence](#) (SUI) brought on by sudden movements such as laughing, sneezing or exercising.

### **Things to keep in mind:**

- No two bodies are ever exactly alike. Be sure you're considering vaginal rejuvenation surgery for your own sexual health and well-being, rather than attempting to live up to someone else's arbitrary standard.
- Unlike a face lift or liposuction, the results will not be immediate. Vaginal rejuvenation surgery requires a recovery time of six weeks, during which you cannot engage in any type of sexual activity: no penetrative or oral

sex, masturbation, or even arousal. You may need to miss work for up to 7 days after the procedure.

- Expect minor swelling and soreness, which usually resolves quickly. You may see extra skin gathered on the perineum (the area between your vagina and anus), which your surgeon will remove after your six-week postop recovery period. It's better to remove tissue little by little than all at once.

Your sexuality, sense of personal identity and comfort in your own body are all worth investing in. If you've resigned yourself to simply living with the sexual limitations that can accompany aging or radical events such as weight loss or childbirth, now the power to recapture a sense of full sexual satisfaction is within your reach. Use the [ISAPS online member directory](#) to find a board-certified aesthetic plastic surgeon near you, and rest assured that you're choosing from among the best of the best.