

## FIND A BEAUTY EXPERT

## FIND AN MD EXPERT

SPECIALITY

REGION

SEARCH



**What Your Mom (Or Best Friend) Got Wrong About Plastic Surgery**



**Sweat-Proof Your Life With Botox: A Game-Changer For Hyperhidrosis**



**Get Lifted: Why PDO Threads Are The New Alternative To Facelifts**



**The Facial That Works Like A Gym Session For Your Face—No Sweat Required**



**Healthy Hair Starts Here: Why Your Scalp Deserves More Attention**

## Labiaplasty: What It Is, Why Women Choose It, And What To Expect

NEWS March 24, 2025 Dr. Alexandra Condé-Green



When it comes to confidence and comfort, many women seek solutions for concerns that may not always be openly discussed. One such procedure is **labiaplasty**, a type of vaginal rejuvenation surgery designed to reshape or reduce the size of the labia minora (inner vaginal lips) so they are more proportionate with the labia majora (outer vaginal lips). But why do women consider labiaplasty, and what does the procedure involve? Here's everything you need to know.



Photo Credit: Anton Vieri/Shutterstock

### Why Do Women Choose Labiaplasty?

Women seek labiaplasty for various reasons, including:

- Discomfort during physical activities like exercise, cycling, horseback riding, and even sex.
- Irritation or hygiene concerns, such as recurrent urinary tract infections.
- Cosmetic concerns, such as asymmetry, sagging, or visibility in tight clothing or swimwear.
- Aging or childbirth-related changes, which can affect both the labia minora and majora.

For some, enlarged or uneven labia are simply genetic. Whatever the reason, labiaplasty is a highly personal choice aimed at improving both comfort and confidence.

#### Labia Minora Reduction

- **Trim Procedure:** Excess tissue is carefully trimmed along the edges of the labia minora to create a symmetrical and refined appearance.
- **Wedge Procedure:** A small wedge of tissue is removed from the thickest part of the labia while preserving the natural, wrinkled edges for a more natural look.

#### Clitoral Hood Reduction

- Often combined with labiaplasty, this procedure removes excess skin around the clitoris to enhance both aesthetics and comfort without affecting sensation.

#### Labia Majora Procedures

- **Reduction:** Removing excess tissue to reduce sagging.
- **Fat Transfer:** Taking fat from areas like the thighs or abdomen to restore fullness and plumpness.

### How Is Labiaplasty Performed?

Labiaplasty can be performed in a clinic or surgery center with different anesthesia options:

- Local anesthesia with topical numbing cream (in-office procedure).
- Oral or intravenous sedation for increased comfort.
- General anesthesia if combined with other procedures.

## WELLNESS



BEAUTY

**Invisalign Is The New Pilates: Why Everyone's Getting**

By Dr. Sam Latif



BEAUTY

**Power Up Your Wellness: Why Vitamin Injections Are The New**

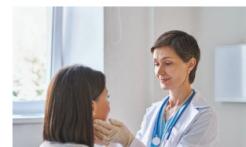
By Xanadu Med Spa



WELLNESS

**Get The Natural Lift You Love With Sofwave**

By Grace Sarkisian



DOCTOR'S TALK

**The Power Of Preventative Health: Key Screenings You Should**

By Grace Sarkisian

## LATEST POSTS



BEAUTY

**Hollywood's Best Kept Secret: 15 Celebrity-Approved Eye**

By Grace Sarkisian

How Long Do Results Last?

While some swelling lasts a few weeks, the final results settle within a couple of months. The improvement is long-lasting, though natural aging may bring minor changes over time.

Can Labiaplasty Be Combined With Other Procedures?

Absolutely! Many women opt to combine labiaplasty with procedures like:

- Mommy Makeover (breast augmentation, tummy tuck, liposuction).
- Arm lift or body contouring surgeries.
- Facial aesthetic treatments.

Debunking Common Myths

1. Will I have visible scars? No! The scars are minimal and well-hidden.
2. Will I lose sexual sensation? Not at all! The nerves responsible for sensation remain untouched.
3. Is recovery painful and long? Recovery is manageable, with most women returning to work within a few days.
4. Is labiaplasty only for young women? No! Patients range from 18 to 79 years old.

Considering Labiaplasty?

If you have questions about labiaplasty or vaginal rejuvenation procedures, **Dr. Alexandra Condé-Green** at **ACG Plastic Surgery** is here to help. With expertise in aesthetic and reconstructive surgery, Dr. Condé-Green ensures your comfort, discretion, and satisfaction every step of the way.

For more information, visit **Dr. Alexandra Condé-Green's** social media:



PREVIOUS POST

NEXT POST



BEAUTY NEWS March 24, 2025  
Is Your Makeup Expired? Here's When To Toss Your Beauty  
By Grace Sarkisian



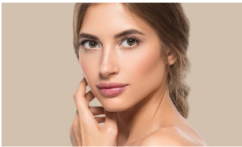
BEAUTY NEWS March 24, 2025  
Monika Heiligmann Paris: Where Avant-Garde Lip Science Meets  
By Grace Sarkisian



BEAUTY NEWS  
CO2 Laser Treatments: Real Talk On The Gold Standard In Skin  
By Aesthetic Island NYC



BEAUTY  
Invisalign Is The New Pilates: Why Everyone's Getting  
By Dr. Sam Latif



BEAUTY NEWS  
Exosomes Are The New "It" Ingredient And Here's  
By Dr. Steven Victor

FEATURED BEAUTY EXPERTS



Dr. Sam Latif  
View Profile



Dr. Anna Chacon  
View Profile



Dr. Victoria Veytsman  
View Profile

YOU MIGHT ALSO LIKE



NEWS  
Smile Red Flags: 5 Things A Cosmetic Dentist Can Spot That You Can't  
By Marianna Farber DDS



NEWS  
Still Haven't Tried Microchanneling? You're Missing Out  
By Flawless by Melissa Fox



NEWS  
Meet Dr. Baruch Jacobs: The Surgeon Behind Miami Beach's Most Trusted Cosmetic Practice  
By Dr. Baruch Jacobs



HAUTE MD  
The Fertility-Beauty Connection: How Hormones Shape Your Look From The Inside Out  
By Grace Sarkisian

WHAT'S TRENDING

Stay up-to-date with the latest beauty and wellness news straight to your inbox

SIGN UP

