

LABIAPLASTY & VAGINAPLASTY PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



WORLD
MEDI-GROUP

Information For Patients

This booklet provides information to help you decide whether to have labiaplasty and/or vaginoplasty. It explains how the procedures are performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a partner, relative or trusted individual before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

Contents

- Information for Patients
- What are Labiaplasty and Vaginoplasty?
- Why Consider These Procedures?
- Preparing for Surgery
- Your Treatment Journey (International Patients)
- The Procedure
- After the Operation
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Procedure-Specific Considerations
- When to Seek Medical Advice
- Questions to Ask Your Surgeon
- Further Information and Consent
- Contact Information
- Document Information



What are Labiaplasty and Vaginoplasty?

Labiaplasty is a surgical procedure that reshapes or reduces the size of the labia minora (inner vaginal lips) or, in some cases, the labia majora (outer lips).

Vaginoplasty is a procedure designed to tighten the vaginal canal by repairing and strengthening the internal tissues and muscles.

These procedures address different anatomical areas and may be performed individually or together depending on patient needs.

Why Consider This Procedure?

You may consider these procedures if you experience:

Labiaplasty concerns

- Physical discomfort during exercise or daily activities
- Irritation from clothing
- Asymmetry or excess tissue
- Difficulty with hygiene
- Self-consciousness about appearance

Vaginoplasty concerns

- Reduced vaginal tightness
- Changes following childbirth
- Age-related tissue laxity
- Reduced sensation
- Functional concerns affecting quality of life



Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Maintain good hygiene prior to surgery
- Follow fasting instructions if required

Your surgeon will assess your suitability during consultation.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day

The procedures are performed in a hospital or specialised clinic.

Post-Operative Stay

Most patients return to their accommodation the same day or after a short observation period.

Return Travel

Patients are generally advised to remain abroad for several days before travelling home.

The Procedure

Labiaplasty

Excess tissue is carefully trimmed or reshaped to achieve a more proportionate appearance while preserving natural function.

Vaginaplasty

The internal muscles and tissues of the vaginal canal are tightened using sutures to restore tone and support.

Procedures are typically performed under general anaesthesia or sedation with local anaesthesia, depending on the surgical plan.

Surgery usually takes 1 to 2 hours.

After the Operation

After surgery you may experience:

- Swelling and bruising
- Mild to moderate discomfort
- Temporary sensitivity
- Minor spotting

Dressings may be applied, and specific hygiene instructions will be provided.



WORLD
MEDI-GROUP

Recovery and Expected Results

First 1–2 Weeks

Swelling and discomfort are most noticeable.

Weeks 3–6

Healing progresses and most daily activities can gradually resume.

Longer Term

Final results become more apparent as swelling resolves.

Individual healing times vary.

Aftercare Instructions

You may be advised to:

- Keep the area clean and dry
- Avoid strenuous activity for several weeks
- Avoid sexual activity for a specified period
- Wear loose clothing
- Attend follow-up appointments

Careful adherence to aftercare instructions supports optimal healing.

Potential Benefits

These procedures may:

- Improve physical comfort
- Improve hygiene
- Enhance confidence
- Restore vaginal tone
- Improve overall quality of life

Results vary between individuals.



WORLD
MEDI-GROUP

Risks and Complications

All surgical procedures carry some degree of risk.

Possible complications may include:

- Infection
- Bleeding
- Swelling
- Changes in sensation
- Scarring
- Asymmetry
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



Procedure-Specific Considerations

Combination Surgery

Both procedures may be performed during the same session if appropriate.

Childbirth

Future pregnancies may affect results.

Healing Environment

Maintaining proper hygiene is important during recovery.

Expectations

Results aim to improve function and comfort as well as appearance.



WORLD
MEDI-GROUP

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing redness or swelling
- Fever
- Severe pain
- Excessive bleeding
- Unusual discharge

Questions to Ask Your Surgeon

You may wish to ask:

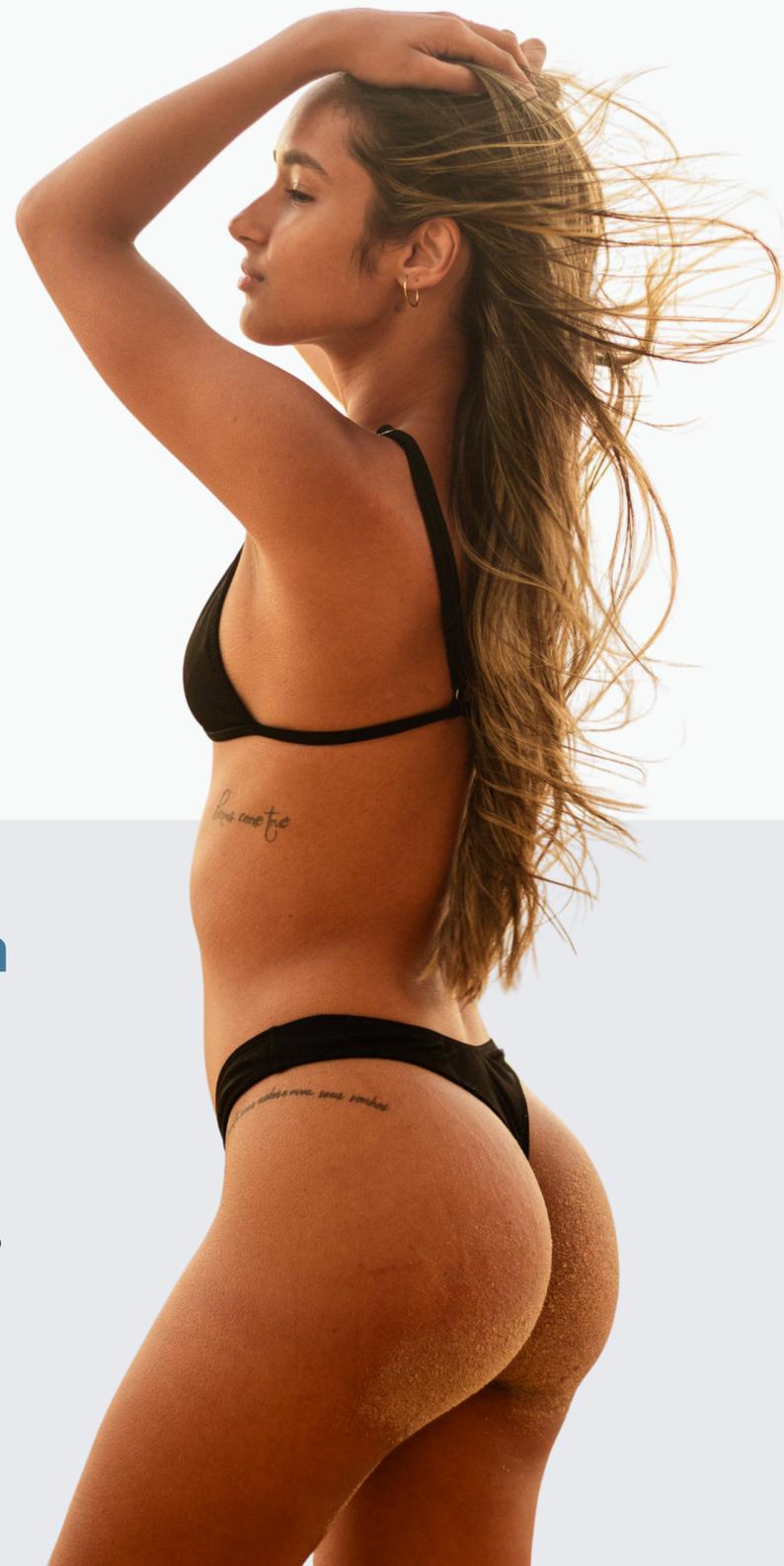
- Am I a suitable candidate?
- Should one or both procedures be performed?
- What results are realistic for my case?
- What type of anaesthesia will be used?
- What is the expected recovery timeline?

Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.



Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group
contact@worldmedigroup.com
Phone/WhatsApp: +44 7464085948
www.worldmedigroup.com



Document Information

Procedure: Labiaplasty & Vaginoplasty (Intimate Rejuvenation Surgery)

Series: World Medi Group – Patient Information Series

Version: 1.0

Date of Issue: 2016

This document is provided for educational purposes and does not replace a personalised medical consultation.