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Combined labiaplasty: A retrospective study about 93 cases

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We sought to assess benefits from a combined labiaplasty technique for the labia minora and majora. We conducted a retrospective study of 93 labiaplasties performed between 2005 and 2014, looking for hypertrophy of the labia minora and atrophy of the labia majora. A laser nymphoplasty was performed according to the technique described by the author in the Plastic Reconstructive Surgery, relating to a lipo-filling of the labia majora. The average age of patients was 32. The complications were comprised of 4 cases requiring a revision surgery, 1 complete lipo-filling failure, 2 cases of excess labia volume and 3 cases of dyspareunia after 1 month that finally regressed. Finally, 90 patients were “very satisfied” with the operation. The fat resorption rate varied from 30 to 50% (Initial volume averaging 7cc per side). The combined procedure is more difficult than a simple labiaplasty, especially during the cutting of skin flaps just before the lipofilling. Patients should be informed of the long-term consequences of the operation, because the initial appearance may provoke anxiety. Disunion rates, the principal complication described in the literature for labiaplasty is lower with this method, and is comparable to rates reported for laser labiaplasty. No case of fat infection was reported. This technique is an approach that is more restorative than purely centered on sexuality. We recommend this method that includes an additional procedure over a simple nymphoplasty, because it results in a natural, anatomically correct appearance, which can be the cause of much satisfaction among patients.

Biography

Smarrito Stephane is an experienced Aesthetic Surgeon (Switzerland and France). He had performed over 400 laser nymphoplasty and combined labiaplasty procedures. He had articles, about intimate surgery, published and submitted in the “*Plastic and Reconstructive Surgery*” medical journal. He is the member of the GRIRG.

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