



Cosmetic Gynaecology



What is Cosmetic Gynaecology?

Cosmetic Gynaecology includes a variety of medical and surgical procedures used to improve the physical appearance and function of the vagina, vulva and pelvic floor. When a woman goes through intense physical experiences such as pregnancy, childbirth, menopause and ageing, it creates a lasting impact on her intimate regions.

Common issues such as vaginal laxity, stress urinary incontinence, pain during sex, vaginal dryness, recurrent discharge and so on can impact the quality of life as well as the self-confidence of some women.

Cosmetic gynaecology is a tool designed to empower and offer solutions to those who wish to change the physical appearance of their vulva/vagina and improve sexual function.

Who is it for ?

Women after pregnancy & childbirth

Peri/post-menopausal women

Mild grade stress urinary incontinence

Recurrent vaginal discharge

Women who seek rejuvenation of intimate areas

Improve intensity of orgasms



What services do we offer?

We offer a variety of surgical and non-surgical procedures, which can be used in various permutations and combinations to suit each clients individual requirements.



LASER TREATMENT

- Vaginal Rejuvenation (LVR)
- Laser Vaginal Tightening (LVT)
- Laser Incontinence Therapy (LIT)
- Laser Vaginal Infection Control Therapy (LIC)

PRP (PLATELET RICH PLASMA) TREATMENT

- The Big OH shot
- G-Spot Augmentation
- Labial Fillers

SEXUAL WELLNESS

- Vaginismus
- Sexual dysfunction
- Hormone replacement therapy

SURGICAL

- Hymenoplasty
- Labiaplasty
- Vaginoplasty
- Clitoral hood reduction

ADVANTAGES OF THESE PROCEDURES:

- OPD procedures (no admission/ stay)
- Confidentiality assured
- Pain free
- Safe & hygienic
- Non invasive
- Quick recovery
- Immediate effects
- State of the art technology

LASER VAGINAL REJUVENATION (LVR)

LASER VAGINAL TIGHTENING (LVT)

- Tighten Your Vagina
- Increase Lubrication
- Decrease Urine Leak
- No Pain
- No Downtime

Vaginal Rejuvenation is an umbrella term that covers all the changes done to vaginal anatomy including vaginal tightening. With age, pregnancy, childbirth the vaginal walls may become lax and may also be accompanied with slight urine leakage upon coughing/ straining. Some may experience frequent queefing (vaginal farts) and a reduced pleasure during penetrative sex.

Some women accept these changes, but for those who want to reverse these changes LVR & LVT offer a viable solution.

Laser Vaginal Tightening (Vaginal rejuvenation) is the procedure that helps them regain the firmness of their vagina. Vaginal rejuvenation also helps in avoiding incontinence, vaginal dryness and more problems.

LASER INCONTINENCE THERAPY(LIT) FOR URINARY INCONTINENCE (URINARY LEAK)

Stress urinary incontinence (SUI) is a common problem in women that causes the involuntary loss of urine during coughing, sneezing, laughing, or physical exertion such as running or climbing stairs. This involuntary leakage of urine during physical activities can be embarrassing and disruptive in social and sexual life.

LASER INCONTINENCE THERAPY - tightens the connective tissues that support the bladder. Involuntary urine leakage can be a result of childbirth, aging or trauma to the area. Aging causes collagen to lose elasticity affecting the supporting tissues that surround the bladder and the valve that controls urine flow. Tightening these tissues with the laser helps bring back more normal support and helps keep you dry.

LASER VAGINAL THERAPY FOR RECURRENT VAGINAL INFECTION (LIC)

A quick, safe and highly effective procedure for vaginal dryness, vaginal pain, vaginal atrophy and recurrent vaginal infections.

Dryness and recurrent vaginal infections are treated through the rejuvenation of the vulvo-vaginal tissue, which improves vaginal lubrication and normalizes vaginal pH and flora.

Laser Vaginal Therapy can also enhance the local immune response and help eliminate chronic vaginal infections.

The treatments assist women suffering from stubborn and recurrent vaginal infections by restoring the mucosal lining.

PLATELET RICH PLASMA (PRP) FOR ORGASM ENHANCEMENT

• The big OH shot • G shot

Female sexual pleasure is a topic that is seldom spoken about. There are many erogenous zones in the female body such as the clitoris, G spot and many more.

A good intense orgasm isn't just satisfying, but has numerous health benefits for mental, physical and emotional health of a woman. However majority women fail to achieve an orgasm through penetrative vaginal sex alone, and this can lead to sexual dissatisfaction and disharmony between couples.

Along with various foreplay techniques, sex toys; injection of platelet rich plasma (taken from the patient's own blood) into these erogenous zones can help women achieve good, strong and satisfying toe-curling orgasms.

WHAT CAN YOU EXPECT OUT OF THESE PROCEDURES ?

- Increased ability to orgasm
- Increased frequency of orgasm
- Stronger orgasms
- Greater sex drive (libido) & arousal
- Increased sensitivity
- Smoother skin of the vulva
- Decrease in pain during sex
- Increase in natural lubrication
- Improvement in urinary incontinence
- Helps combat sexual dysfunction
- Suitable for All Women
- No Downtime

LVR and PRP shots are frequently combined to get maximal benefits

VAGINISMUS

Vaginismus is vaginal tightness causing discomfort, burning, pain, penetration problems, or complete inability to allow vaginal penetration. This penetration may include sexual intercourse, vaginal medical examination and tampon use. We follow protocol based step-by-step treatment

Step 1- Understanding Vaginismus

Step 2- Sexual history review & treatment strategies

Step 3- Sexual Pain Anatomy

Step 4- Vaginal tightness & the role of pelvic floor muscles

Step 5- Insertion techniques

Step 6- Graduated vaginal insertions

Step 7- Sensate focus & techniques for couples to reduce pelvic floor tension

Step 8- Pre-Intercourse readiness exercises

Step 9- Making the transition to intercourse

Step 10- Full Pain free intercourse & pleasure restoration

SURGICAL PROCEDURES

HYMENOPLASTY (HYMEN RESTORATION)

Hymen Repair, also known as "revirgination" or "hymenorrhaphy" is done to reattach the hymen and repair the tears that occur after sexual intercourse. This procedure allows the hymen to regain its "virgin" state. It is done for personal or social reasons and we believe it is every woman's right to choose if she wishes to undergo this repair. For many young women this brings peace of mind and psychological comfort, and we stand by that choice

The procedure is done in the clinic under local anaesthesia. It is quick and painless with very minimal recovery needed. Typically, full activity and exercise can be resumed within one to two weeks.



LABIAPLASTY

Labiaplasty is a cosmetic procedure to sculpt and remove excess and usually even out the labia minora inner lips and is one of the most performed vaginal rejuvenation procedures. It relieves unpleasant symptoms such as pain and discomfort that women can experience from twisting and tugging of the labia.

Improvements reduction labiaplasty can offer are:

- Re-sculpting the labia to a smaller size and evenness.
- Increasing sexual self-esteem while reducing self-consciousness.
- Increasing comfort in fitted clothing, and during physical and sexual activity.
- Repairing the effects of childbirth and the aging process.

VAGINOPLASTY

Vaginoplasty, also known as Vaginal Rejuvenation or Vaginal tightening surgery is a surgical procedure that ultimately tightens the vagina. This type of surgeries usually reduces the vaginal diameter and tighten the internal and external vaginal canal to increase friction during intercourse. This is done by removing excess loose vaginal skin and tightening the surrounding soft tissues and muscles.

Benefits of having Vaginal Reshaping and Tightening surgery

- Increased self-confidence and self-esteem
- Rejuvenation of the female genitalia
- To enhance the feelings of sexual gratification

CLITORAL HOOD REDUCTION

Clitoral Hoodoplasty, also known as Clitoral Hood Reduction is a surgical procedure involving removal of the excess tissue surrounding or covering the clitoris. The clitoris is a highly sensitive and arousing erectile tissue of the female similar to penis in males. The tissue that covers and surrounds the clitoris is called the clitoral hood or prepuce. Some of the benefits a woman can expect from clitoral hood reduction are:

- Satisfying aesthetics of the sexual organ
- Enhanced sexual pleasure
- Stronger and more intense orgasms
- Improves sexual arousal
- Improves visual appeal of the hood creases comfort of wearing tighter clothes