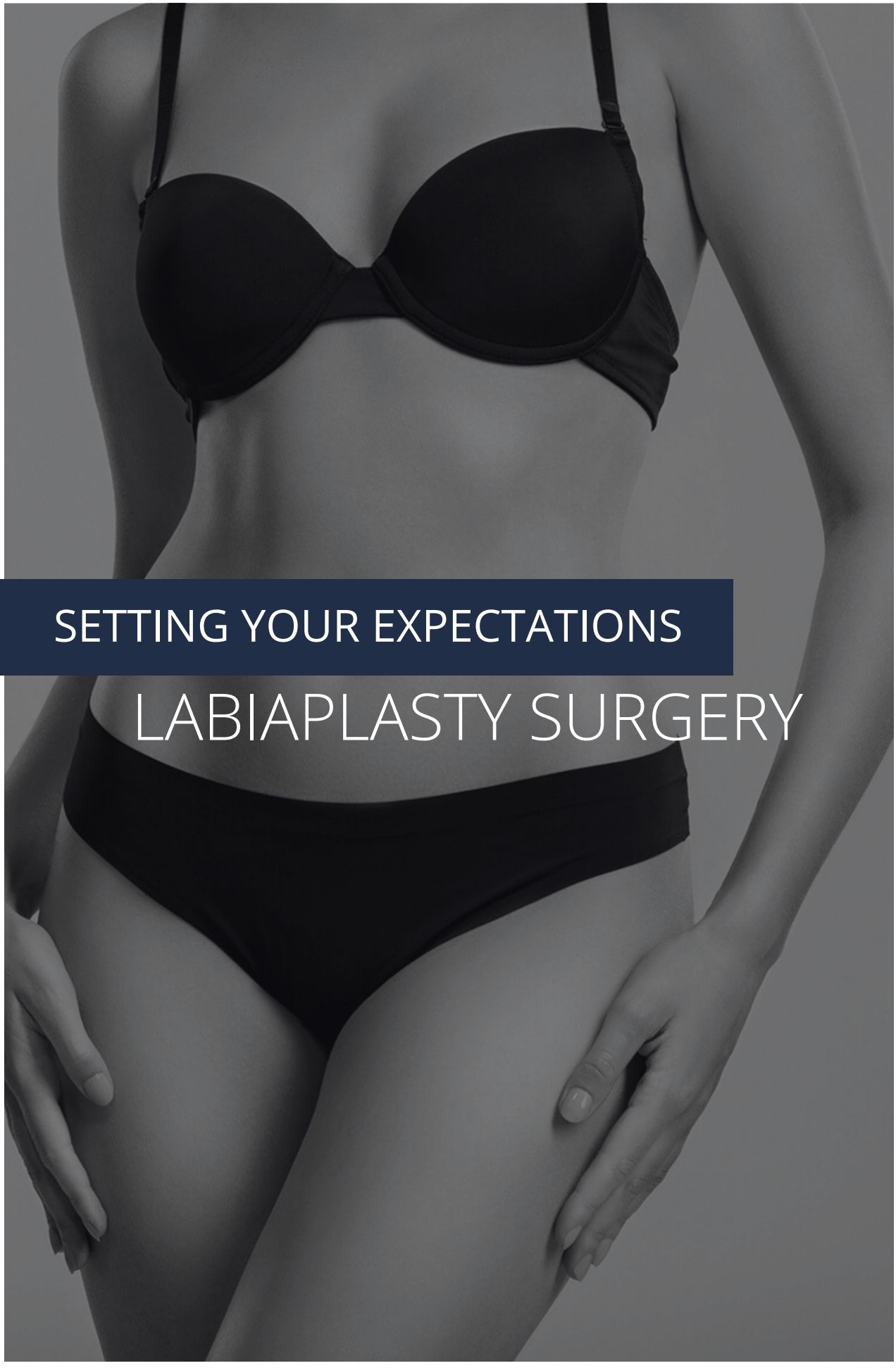


SETTING YOUR EXPECTATIONS

LABIAPLASTY SURGERY

CosMediTour

WELCOME

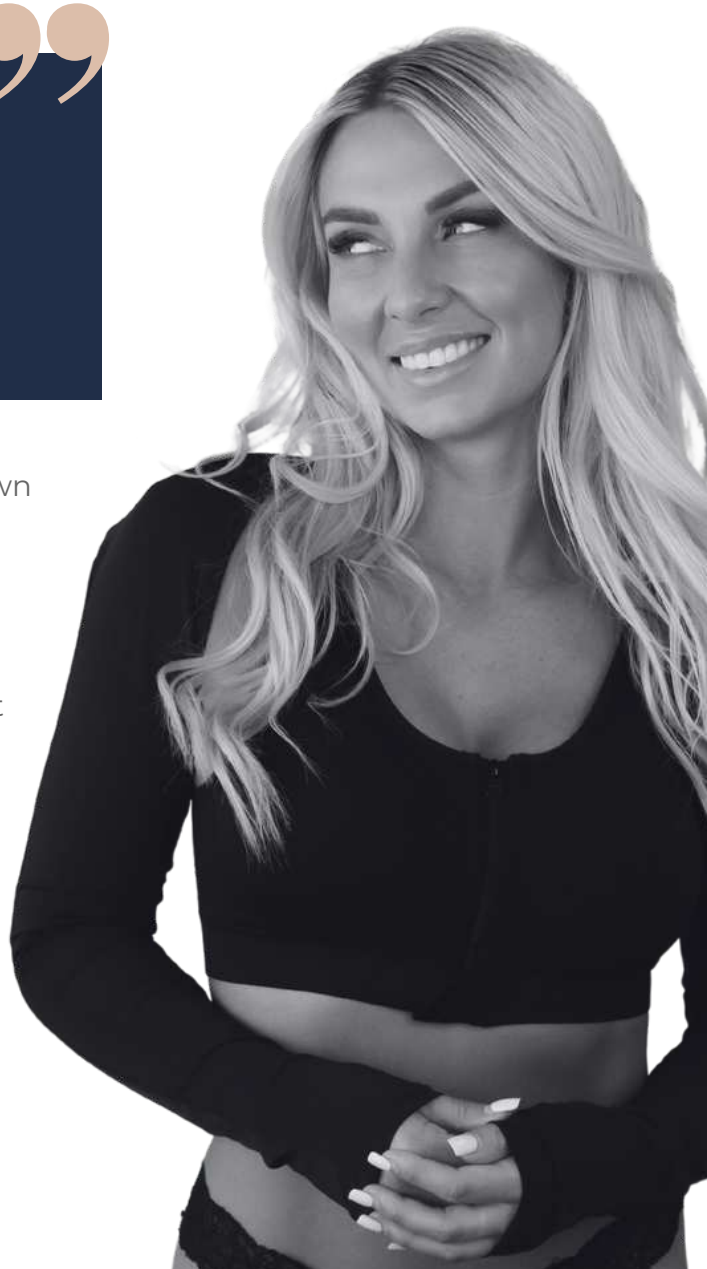
Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

> Helping you confidently prepare for your procedure is a privilege we take very seriously

We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

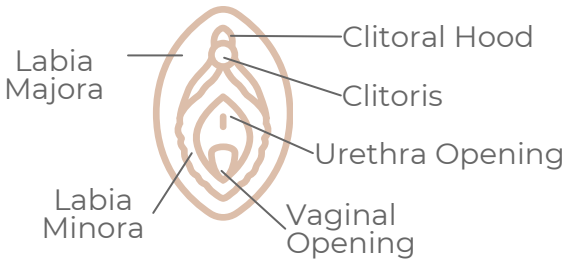
> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

PLANNING YOUR PROCEDURE

Our Plastic Surgeons will work with you to customise a treatment plan based on your unique requirements and desired outcome. Your Surgeon will guide you through the planning process. However, we also recommend you familiarise yourself with your options.

PLANNING YOUR SURGERY

During a Labiaplasty, Surgeons can alter the Labia Minora, the Labia Majora or both.



When tailoring your procedure, they will carefully consider a number of factors, which include:

- ☑ Your natural tissue
- ☑ Your unique anatomy
- ☑ Your desired aesthetic outcome

We encourage you to be open and realistic with your desired outcomes. Equally important is to consider the Surgeon's advice on what will work best for you and your body in the long term.

LABIA MAJORA

There are 2 main techniques used to rejuvenate the Labia Majora; Liposuction or Fat Transfer. The Labia Majora also usually includes an incision and removal of excessive skin. The incision runs vertically down the length of the majora.

Both Labia Majora techniques can be performed as standalone procedures, or in conjunction with either of the Labia Minora techniques below.

LIPOSUCTION

Liposuction is used to address overly prominent Labia Majora. Excess fatty tissue is removed with a cannula and suction device, resulting in a flatter, less ‘puffy’ exterior.

FAT TRANSFER

Fat Transfers are performed when the Labia Majora appears deflated or saggy. This can be a result of pregnancy, extreme weight loss, or ageing.

Surgeons may choose to restore the area with the client’s own fatty tissue or cosmetic fillers.

CLITORAL HOOD REDUCTION

Clitoral Hood Reduction in Labiaplasty targets excess skin over the clitoral hood for improved aesthetics and comfort.

Plastic Surgeons may opt for either a linear incision or a V-shaped incision, based on individual anatomy and preferences.

> You're in expert hands. Our Surgeons dedicate time to understand your unique concerns & surgical objectives before tailoring a treatment plan that's right for you and your body.

LABIA MINORA TREATMENT

There are two main techniques used during a Labia Minora Labiaplasty: External Trimming Technique or a Wedge Technique.

The choice of technique used depends on the amount of tissue needing to be removed, any asymmetries that may be present and the desired aesthetic outcome.

EXTERNAL TRIMMING TECHNIQUE

Involves clamping the Labia Minora and trimming the excess skin. A running stitch is used to close the incision, creating a new, shorter edge.

This technique seeks to address:

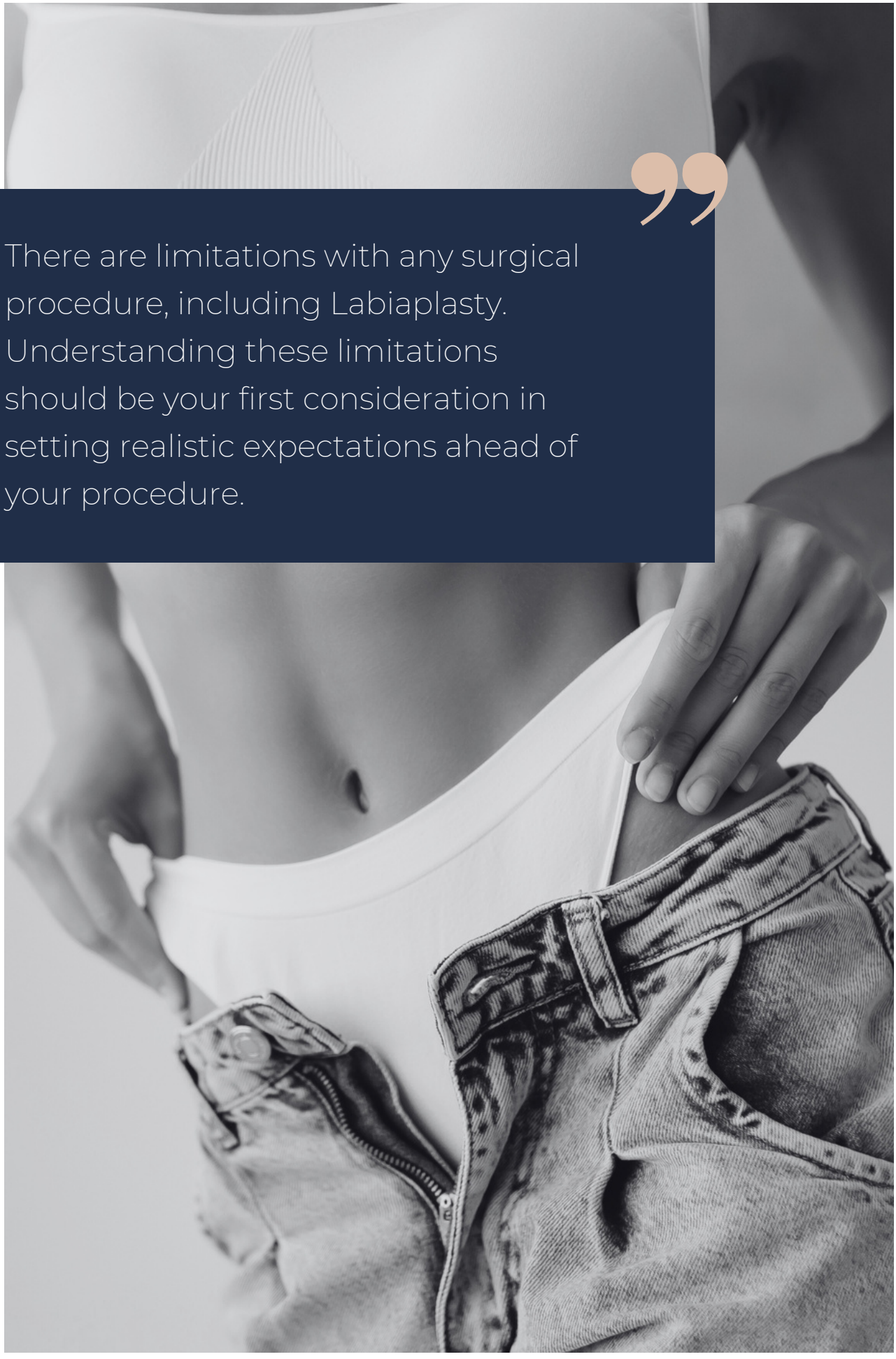
- ☑ Asymmetry issues (uneven 'lips')
- ☑ Excess Labia Minora tissue, which is typically dark skin that protrudes beyond the edges of the Labia Majora.

WEDGE TECHNIQUE

Suitable to clients with a lot of excess tissue.

This involves taking a wedge, or a V-shaped excision, from the center of the Labia Minora. The detached sides are stitched together, tightening the remaining skin.

This technique preserves the natural transition at the border of the Labia and results in more concealed scarring.



There are limitations with any surgical procedure, including Labiaplasty. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your procedure.

BE REALISTIC ABOUT YOUR RESULTS

UNDERSTANDING LABIAPLASTY: AESTHETICS & FUNCTIONALITY

Labiaplasty is a personal and transformative procedure designed to enhance the aesthetics and functionality of the labia. It is essential for individuals considering labiaplasty to have a clear understanding of what the surgery can and cannot achieve.

EXTREME ALTERATIONS

Labiaplasty is intended to provide subtle and natural enhancements, not radical transformations. It cannot create entirely new shapes or sizes that are drastically different from your natural anatomy.

It's important to understand that the procedure is designed to improve the appearance and functionality of your labia while maintaining a harmonious and balanced look.

PERFECTION

Labiaplasty can greatly improve the aesthetics and function of your labia, but it may not achieve perfection. It cannot completely eliminate all traces of irregularities, asymmetry, or variations in color and texture. The goal is to enhance your labia to a more comfortable and aesthetically pleasing state, but minor imperfections may still exist.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources. These images may not accurately represent surgical outcomes.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting. For example, they may suggest a different surgical technique.

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SCARRING & HEALING

Following any surgical procedure that involves an incision in the skin, a scar will naturally form as part of the healing process.

Labiaplasty is no exception, but the good news is that labial tissue tends to produce inconspicuous scars. These scars usually blend seamlessly with the surrounding tissue due to the natural texture of the labia minora.

The appearance of the scar, including its shape and thickness, will depend on the surgical technique used by your Plastic surgeon. Initially, the tissue may feel firmer and stiffer after sutures dissolve and scars form, but this typically normalises within around six months for most patients.

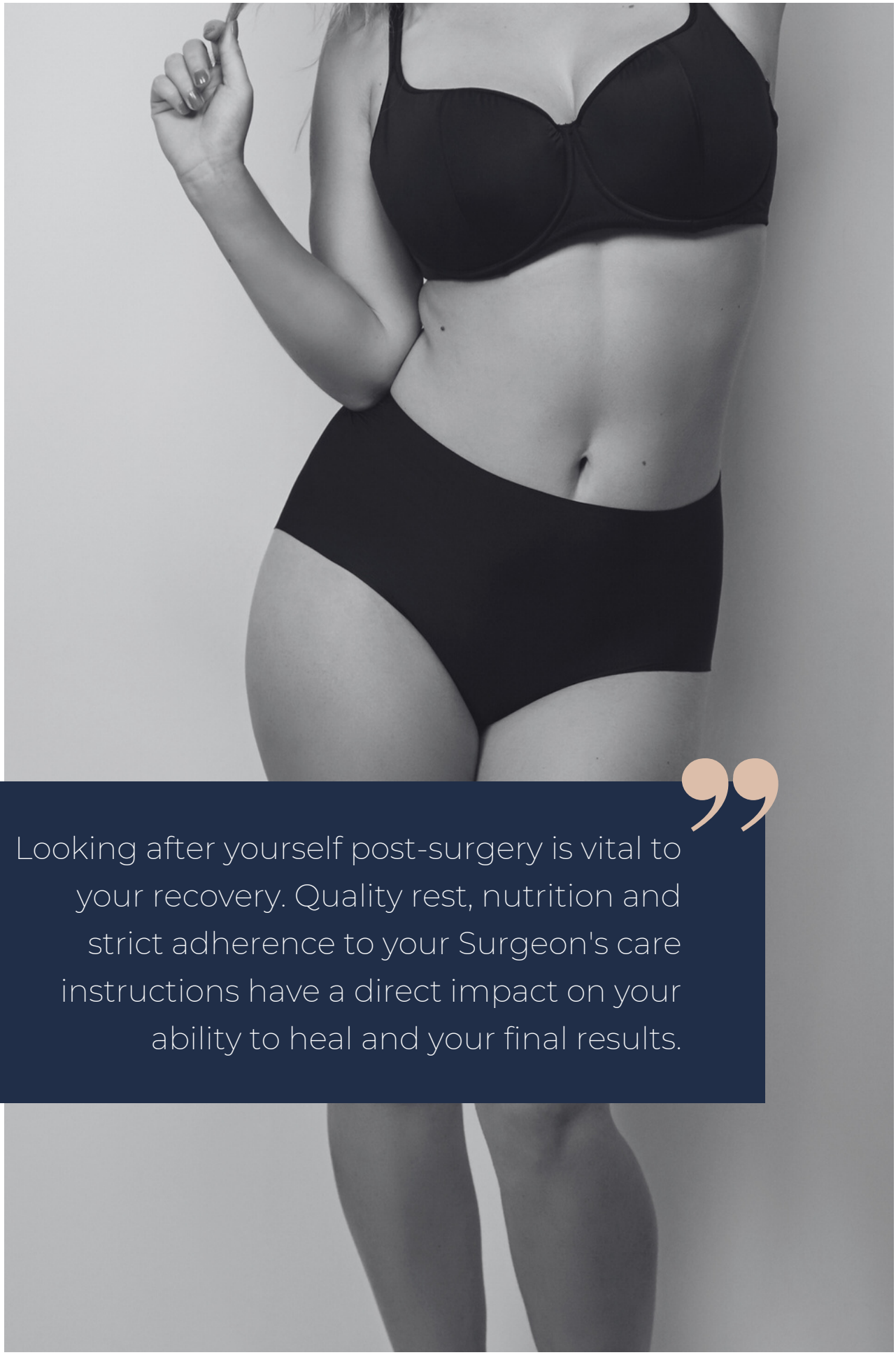
PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure.

Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.



Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery. During this time, it's important to trust the process and closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Labiaplasty Recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Labiaplasty is typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 - 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 Weeks

Some discomfort can be expected in the first few days following surgery. Swelling and bruising will emerge in the first week and a small amount of bleeding is normal. To aid recovery:

- ☑ Use cold packs and pain medication to manage bruising or pain.
- ☑ The site should be kept moist, but not wet. A barrier ointment must be applied twice a day as prescribed. Showering can commence the day after surgery and toileting can proceed as normal. Swimming and bathing must be avoided until approved by your Surgeon.
- ☑ In most cases, normal activities including work can be reintroduced 10 days after surgery.
- ☑ Avoid vigorous exercise and sexual activity until a surgeon advises as increased blood flow in the genital area can induce complications.

RECOVERY TIME | 6 Weeks

All clients heal at different rates, but results start to show between 3 to 6 weeks. During this time:

- ☑ No tampon use for 6 weeks.
- ☑ Wear loose underwear and clothing for up to 8 weeks.

SETTLING PERIOD | 6 Months

Full results will be visible from 6 months onwards.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

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CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.