

Information leaflet for people who are considering undergoing labia reduction surgery (labiaplasty).

Bey By Bergman Clinics – April 2022

In this leaflet, you will read information about labia reduction surgery (labiaplasty): why and when to undergo the procedure, the consultation, the preparation, the surgery, the period after the procedure, the result, and lastly the possible complications and risks. Your personal situation and options for treatment can only be discussed during a personal conversation. This leaflet serves as preparation and/or addition to your conversation with the plastic surgeon.

Why and when

Increasing numbers of women are bothered by the size or shape of their inner labia (labia minora). There are several reasons for this, varying from inner labia that have naturally developed to become too large or as a result of pregnancy, to normal or normal-sized inner labia that a woman would prefer to have smaller. Excessively large inner labia can cause physical complaints: they can cause discomfort during cycling, exercise or sexual activity, or when wearing tight clothing. Women often also feel embarrassed about this. If you are experiencing any of the problems listed above and if this bothers you, you may have good reason to consider labiaplasty. During a labiaplasty procedure, the plastic surgeon will remove tissue from the labia in such a way that the inner labia become smaller, whilst retaining their natural appearance.

Consultation

During a non-binding consultation with the plastic surgeon, you will have the opportunity to discuss your wishes, complaints and questions in detail. The doctor will discuss with you whether labiaplasty will sufficiently resolve your problem. Next, your questions will be answered and he/she will provide the most detailed possible information about the preparation, the procedure, the expected result and the possible complications. After all, you may be disappointed with the result if you go into the procedure with the wrong idea. If the surgeon is not convinced that your problem can be adequately resolved, he/she will discuss this with you, as well. If you wish, you can be referred to a colleague for a second opinion.

A sex therapist or psychologist may be consulted to evaluate your complaints in more detail and to evaluate your self-esteem. Of course the plastic surgeon will discuss this with you.

Cosmetic surgery is not covered by health insurance. Reimbursement of medically necessary surgery depends on the criteria set by the healthcare insurance company for this procedure. You can consult your healthcare insurance company and/or policy terms and conditions to check these criteria. The specialist cannot deviate from these criteria. The current rules for reimbursement may change in the future.

Your own responsibilities prior to your surgery:

You should observe a number of preparations in the period prior to your surgery, such as:

- **Stopping blood thinners (anticoagulants):**

You may need to stop taking your blood-thinning medication prior to the surgery. The plastic surgeon will inform you about this. In addition, you will attend a pre-operative screening with the anaesthesiology assistant several weeks prior to your surgery, in which your health and the medication policy will be discussed. This included a discussion of which blood-thinning medication you need to stop using (temporarily). If your prescribing physician does not approve the temporary discontinuation of blood-thinning medication, then the scheduled surgery cannot take place at Bey by Bergman Clinics.

- **Submit your general medication overview (GMO):**

If you are using medication, this overview can be obtained from your pharmacy. You can also give us permission to share your medication details via the National Exchange Point.

- **The signed Informed Consent Form has been submitted:**

You will receive this form once your surgery has been scheduled

- **Pay the invoice according to the terms of payment*.**

ALCOHOL POLICY:

- No alcohol for 48 hours before surgery and 2 weeks after surgery.

SMOKING POLICY:

- Smoking has a negative effect on wound healing.
- No smoking for 4 weeks before surgery and 4 weeks after surgery.

NAIL VARNISH POLICY:

- There is no need to remove nail varnish, gel nails or acrylic nails prior to the surgery.

DRUGS POLICY:

- Use of drugs like XTC, methamphetamine, heroin or cocaine must be stopped at least 1 week before surgery. This can otherwise cause severe heart rhythm disorders during the operation or reduce the effect of anaesthetics.
- This does not apply to prescription amphetamine use for AD(H)D.
- The same rules as for smoking apply to cannabis.

FASTING POLICY:

- Please refer to the anaesthesiology leaflet for the fasting policy.

If the procedure is to be performed under local anaesthesia:

- no pre-operative screening will be performed by anaesthesiology
- the fasting policy does not apply

The specialist, anaesthesiology technicians, nursing staff, consultant and treatment app can provide more information if you have any questions.

Good idea to purchase before the surgery:

- Paracetamol 500 mg, 2 tablets 4x daily
- Naproxen (Aleve) 250 mg 2x daily, if necessary (reduce this pain medication before paracetamol)
- Pantoprazole (gastric protector) 20 mg 1x daily (with use of Naproxen)
- Cotton sanitary pads (you can place these in the freezer the day before surgery)
- Non-sterile gauze

The surgery

- The procedure – labiaplasty – is usually performed under local anaesthesia, but you can opt for general anaesthesia if you prefer. Your plastic surgeon will discuss this with you.
- You will lie on the operating table naked from the waist down. Your legs will be spread in two stirrups, so that the plastic surgeon can perform the procedure in the best possible position for him and for you.
- Just before the surgery, he will draw on the inner labia to mark the tissue that will be removed. You will then be given the anaesthetic. Once the anaesthetic has taken effect, the labial tissue will be removed in a way that provides the most natural result.
- The wound will then be closed with thin soluble sutures. These do not need to be removed. The scars will barely be visible.

If you are allowed home, somebody must accompany you home. You may not drive a vehicle yourself. We also recommend that you do not spend the first 24 hours alone at home.

After the procedure

You may experience some pain during the first 24 hours after your surgery. This is normal. You can take the prescribed pain medication if you experience any pain. The pain will decrease over the course of a few days. You may experience bruising, swollen skin and soreness for several weeks after the surgery. Please contact the number +31 (0)88 9000535 if the pain medication is not sufficient or if the pain increases.

Recovery period

Starting from the day after the surgery, you may:

- Sleep on your back or side.
- Cool the surgical area regularly with wet sanitary pads from the freezer.
- For 2 weeks: rinse the surgical area thoroughly with lukewarm water every time you go to the toilet. Pat dry thoroughly after rinsing.
- Use sanitary pads or pantyliners for any oozing of the wound.
- You may start using the Sensitivity Cream 1 week after the surgery.
- Mobilise according to the pain, listen to your body.
- Increase your activities further each day.
- You may resume cycling 2 weeks after the surgery and you may resume intercourse once this feels comfortable.
- Sauna, bath, swimming pool and exercise after 6 weeks.

Ask your specialist about any restrictions in your travel plans after your procedure.

You will visit the nurses and the specialist for check-ups after the surgery. They can also offer advice if you have any questions regarding the information provided above. We want to remind you that it is important for you to attend these follow-up appointments. This allows the nurse and the medical specialist to monitor the progress of your recovery. They can also offer advice if you have any questions regarding the information provided above.

The result

The plastic surgeon can determine the definitive result of a labiaplasty around six to nine weeks after surgery. Most people are satisfied with the result of the procedure. Perhaps you are not satisfied with the result, for example because you had different expectations. Please be sure to mention this.

Complications and risks

The plastic surgeon always invests a great deal of time, care and personal attention in your treatment. However, complications do unfortunately occur: no procedure is entirely free of the risk of complications. The normal risks of surgery – such as thrombosis, pulmonary embolism, post-op bleeding and wound infection – also apply to this surgery. Specific complications can also occur:

- A post-op bleed (bleeding of or from the surgical area) or a wound infection are the most common complications after surgery, even though these are rare. Therefore, please monitor yourself at home after the procedure for certain symptoms that could point to such complications.
- Sometimes the wound will open, resulting in a small 'disruption' in the inner labia. This can be corrected at a later stage.
- Residual swelling and hardening can sometimes be present and may only resolve after weeks or even months.
- The area can remain sensitive for weeks, even after everything has visibly healed.
- In very rare cases, an allergic reaction to the anaesthetic can occur.

Always contact us after surgery in the following cases:

- Significantly increased swelling of the wound or the surgical area
- Pain, if the pain medication does not help or the pain even increases
- Redness and swelling of the wound
- Feeling ill and/or a fever, above 38°C (measured via the anus)
- Persistent nausea
- Acute tightness across the chest
- Acute pain in the leg, possibly with swelling
- Being unable to urinate, whilst drinking normal quantities
- Concerns or doubts

We can be contacted for emergencies 24 hours per day, via +31 (0)88 9000 567.

For non-urgent matters, please call +31 (0)88 9000 535 during office hours.

More information

If you have any further questions after reading this leaflet, you can ask your plastic surgeon to answer these questions at any time. You can schedule an appointment for a consultation. You can contact the clinic on telephone number +31 (0)88 9000 535 about this.

Complaints and privacy regulations

Bey by Bergman Clinics has complaints and privacy regulations in place. A copy of these regulations can be obtained from our locations and on our website www.beyclinics.nl.

Cooling-off period

Bey by Bergman Clinics acts according to the guidelines of the NVPC and thus implements a 'cooling-off' period. This is the time between the first consultation in which the treatment is proposed and the decision to continue with the treatment. We implement a cooling-off period of one week for a cosmetic surgical procedure.

Terms and conditions of payment*

The first instalment of 25% of the treatment costs must be paid within 5 days after receipt of the invoice. The remainder of the treatment costs should be received by us no later than 4 weeks prior to the surgery date. Cash payments are only possible following agreement with your consultant. If your surgery has been approved by your healthcare insurance company, then you are responsible for reading the terms and conditions of your insurance policy to check that they will reimburse 100% of the costs of your surgery.

Cancellation policy

You must cancel your surgery in writing. Cancellation within 3 weeks prior to your surgery will result in costs already incurred to the sum of 25% of the costs of surgery being billed to you. Cancellation within 48 hours prior to the agreed date of surgery is only permitted in the case of absolute and demonstrable force majeure. In all other cases of non-insured care, you will be billed for 100% of the agreed treatment costs. In the case of a treatment that is reimbursed by your healthcare insurance company, your treatment cannot be rescheduled at Bey by Bergman Clinics. The aforementioned cancellation policy also applies if the surgery cannot be performed due to failure on your part to fulfil your responsibilities as listed in this leaflet.

Finally

This leaflet serves as preparation and as a supplement to the conversation with the plastic surgeon and as a 'reference' for the period after the surgery. However, such a description can never apply completely to each individual situation. Plastic and aesthetic surgery is not an exact science; this written information should in no way be construed as a guarantee for the course of events and the result of your procedure.