

KAROL A GUTOWSKI, MD, FACS

AESTHETIC SURGERY

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

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Frequently Asked Questions about Aesthetic Genital Procedures

Why are aesthetic genital procedures done?

Some women find that their genital area may not appear as they desire, or more commonly, the labia may be too large and interfere with physical activity, clothing styles, or sexual relations. In these cases, a procedure can be selected to improve the appearance and functional aspects of the pubic area.

What are the procedure options?

For women, each component of the pubic area can be addressed as needed. If the mons (padded area containing pubic hair) is too puffy or droopy, it can be made less full with liposuction or lifted with a mons lift. In many cases, both procedures can be done at the same time. If the labia are too large, they can be reduced to a size more favorable for activities and aesthetic desires.

What labiaplasty technique does Dr. Gutowski use?

The specific technique is determined by each patient's needs and anatomy. Dr. Gutowski has experience with many techniques including wedge excisions, flaps, and direct excisions.

Will I need any more visits before surgery?

It is highly recommended that you meet with Dr. Gutowski at least one more time before your surgery to answer any questions and review the procedure. You will also need to have a "History & Physical Exam" a few weeks before surgery which will be done by Dr. Gutowski's assistant (or it may be done by your primary care physician). You may schedule a meeting with Dr. Gutowski the same day to answer any questions.

Where will the procedure be done?

Depending on scheduling availability and the length of your surgery, the procedure may be done at an outpatient surgery center or in our office procedure room.

What kind of anesthesia will I have?

Most patients have sedation anesthesia and are asleep during the procedure. In some cases, the procedure may be done under local anesthesia without any sedation other than sedation provided by pills.

How long does the procedure take?

The surgery usually lasts under 60 minutes but the actual time in the operating room may be up to 90 minutes to allow for preparing you for the procedure.

Will I go home the same day?

Yes, you will be ready to go home in 1 hour after the procedure. Someone will need to drive you home and stay with you that night if any anesthesia was used. If you are from out of town and would like to stay in Chicago overnight, please ask Dr. Gutowski's staff about hotel options.

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What medications will I need after surgery?

You will receive a prescription for a pill containing a narcotic/**acetaminophen** (Tylenol) combination. The day **after** your surgery, you may also start using **ibuprofen** (Motrin) or **naproxen** (Aleve) which can be obtained before your procedure without a prescription. Most patients stop using the narcotic pills after 2 to 3 days and change over to **acetaminophen** alone or with **ibuprofen** or **naproxen**.

Will I need any special undergarments?

An undergarment that does not place pressure on the mons and labia is recommended.

How often will I need to come back after surgery?

Dr. Gutowski or his assistant will see you within 3 days after surgery and again after 1 to 2 weeks, 4 to 6 weeks, and after 3 to 4 months. If you would like to be seen at any other time, Dr. Gutowski will be happy to do so.

Will there be any sutures to remove after surgery?

In most cases, there are no sutures to remove.

What are my restrictions after surgery?

You may resume normal light activity after the procedure. Do not drive if you are using narcotic pain medications. After 2 weeks you may resume regular activity as tolerated.

When can I be sexually active?

Sexual activity involving the pubic area must be avoided for 4 weeks or until approved by Dr. Gutowski at a follow up visit.

How long before I can return to work?

Most patients can return to work the next day.

What can I do to minimize scars after surgery?

For labiaplasty, scar formation is not usually a problem. However, Dr. Gutowski will see you and make recommendations if needed. Please refer to the enclosed **Scar Information** sheet for details.