

**KAROL A. GUTOWSKI, MD
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Frequently Asked Questions about Aesthetic Genital Procedures

Why are aesthetic genital procedures performed?

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 function. In these cases, a procedure can be performed to improve the appearance and functional aspects of the genital area.

What are the procedure options?

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

What labiaplasty technique do Dr. Gutowski & Dr. Martin use?

The specific technique is determined by each patient's anatomy and desired outcome. Both surgeons have 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 your surgeon at least one more time before your surgery to answer any questions and review the procedure. You may also need a "History & Physical Exam" a few weeks before your surgery.

Where will the procedure be done?

Depending on anesthesia, 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?

This is up to you and your surgeon. Some patients want to avoid general anesthesia and are awake during the procedure with the area numbed. In other cases, the patient may decide to have some sedation or undergo general anesthesia for the procedure.

How long does the procedure take?

The surgery usually lasts under 1 hour, 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 about 1 hour after the procedure, depending on your anesthesia. 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 have after surgery?

You will receive a prescription for pain medication, which may contain **acetaminophen** (Tylenol). The day **after** your surgery, you may also start using **ibuprofen** (Motrin) or **naproxen** (Aleve) which can be purchased over the counter. Most patients stop using the prescription pain medication after 2 to 3 days.

Will I need any special undergarments?

An undergarment that does not place pressure on the surgical area is recommended.

How often will I need to come back after surgery?

Dr. Gutowski/Dr. Martin or their 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, we 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 4-6 weeks you may resume regular activity as tolerated.

When can I be sexually active?

Sexual activity involving the genitalia must be avoided for 4-6 weeks or until approved by your surgeon.

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. Please refer to the **Scar Information** sheet for details.