



DR MATTEO
VIGO

PLASTIC SURGERY

**WHY CONSIDER
LABIAPLASTY?**



The labia minora, or inner vaginal lips, are surgically reshaped and increased in size during a surgery called a labiaplasty. A labiaplasty eliminates extra tissue that has developed as a result of heredity, childbirth, stretching, or rapid weight loss.

WHY YOU MIGHT WANT TO CONSIDER LABIAPLASTY

If your labia minora droops, is extended, or gives you pain or discomfort, you might want to think about having labiaplasty.

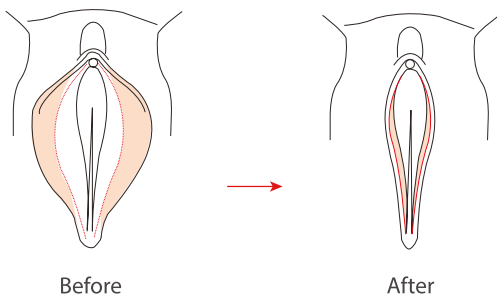
You could experience relief from:

- feelings of embarrassment or discomfort
- urinary tract infections frequently
- itching and annoyance
- labia that are twisted, turned, and tugged cause pain.
- pain while riding a motorcycle, horse, or bicycle
- awkward or painful interactions
- difficulties with personal hygiene

WHAT TAKES PLACE THROUGHOUT A LABIAPLASTY CONSULTATION?

You can anticipate the following actions from the surgeon during your labiaplasty consultation:

- discuss your worries and how your labia minora affects your quality of life with you
- review your prescription and medical histories
- to assess your fitness and establish whether this treatment would be beneficial for you, perform a complete examination and take pictures
- respond to your inquiries about the process
- describe the outcomes you can anticipate



Before

After

GETTING READY FOR A LABIAPLASTY

By looking after your health and making sure your home has everything you'll need for a smooth recuperation, you can get ready for labiaplasty.

Put the following things on your to-do list:

- Plan your transportation - Ask a responsible adult to pick you up, bring you to the surgical centre, stay with you while you are having the surgery, and then drive you home. That person might have to stay with you for at least one night and provide transportation to your initial follow-up appointment.
- Schedule a minimum of seven to ten days off from work, school, and other responsibilities because you will need to relax after surgery.
- Eat well-balanced meals to strengthen your body before surgery, reduce inflammation, and hasten your recovery.
- Maintaining adequate hydration aids in wound healing, enhances blood flow, and supports a gradual recovery.
- Get lots of sleep and rest before surgery because it will be simpler for your body and mind to unwind if you do.
- Get a pap test - Dr. Vigo could advise you to get a pap test if you haven't had one recently in order to evaluate your cervical health and monitor any changes.
- Quit smoking. Two impacts of smoking include decreased blood flow and a weakened immune system. Giving up the habit helps hasten your body's recovery from labiaplasty.
- Purchase food and medications - Stock up on nutritious foods and purchase any painkillers or antibiotics that Dr. Vigo has recommended.
- Talk to friends or family members and ask for assistance with young children, animals, or regular home chores. After your surgery, you won't be able to push, pull, or raise anything.
- Stop using supplements and drugs that make you more prone to bleeding; Dr. Vigo will advise you on how long to wait before stopping aspirin, inflammatory drugs, and supplements.



WHAT IS THE OUTCOME CAN YOU EXPECT WITH LABIAPLASTY?

According to studies, more than 90% of women who get labiaplasty are happy with the outcome. The results of a research on the quality of life before and after labiaplasty were released in a news release from The American Society of Plastic Surgeons in August 2020. There were 62 women in the study, ranging in age from 17 to 61. Following the women's surveys, the study concluded:

- 93.5% of the women were symptom-free following labiaplasty.
- Before surgery, 93% of the individuals felt self-conscious about their labia. Only 6.5% of respondents felt the same way thereafter.
- Every patient who experienced tugging during sex was symptom-free.

DOES LABIAPLASTY HURT?

In order to ensure that you do not experience pain during your labiaplasty and to reduce pain during recovery, your surgeon will administer anaesthetic and pain medication.

Your vaginal area will be numbed with local anaesthetic before the procedure. For 18 to 24 hours, there will be numbness. Dr. Vigo will also give you a prescription for painkillers to take home after surgery.



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A BRIEF NOTE FROM
DR MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

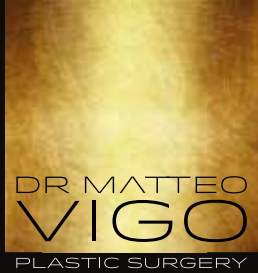
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

"Because you deserve the best" is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



LABIAPLASTY DUBAI

To book a consultation with
Dr Vigo, please contact us today.

EMAIL
booking@matteovigo.com

Telephone & Whatsapp
+971 56 282 5825

Locations

AMWAJ POLYCLINIC

Building P11
Jumeirah Beach Residence
Dubai

HEALTHBAY POLYCLINIC

Al Wasl Road, Verve Villas
Umm Al Sheif
Dubai