COSMETIC GYNECOLOGY

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OUTLINE

- Case Presentations: Before Pictures
- What is vaginal “rejuvenation” and other cosmetic vaginal procedures?
- Review resident views on cosmetic gynecology
- Review ACOG’s Opinion/Policy on cosmetic gynecology
- Case Presentations: After Pictures
Case #1: 25yo G0  
Self Conscious of her Labia. Preventing sexual relationships

Case #2: 41yo G2P2002  
Unhappy with her sexual intimacy
Case #3: 47yo G6P6006
Vaginal looseness x 10 years
“COSMETIC” GYNECOLOGY

- **International Society of Cosmetogynecology:**
  - Association of gynecologic specialists in female cosmetic medicine and surgery
  - To promote advancement of knowledge, skill and excellence in female cosmetic medicine
“COSMETIC” GYNECOLOGY PROCEDURES

- **Mons Pubis:**
  - Liposuction
  - Lifting
- **Clitoral Region:** Excision of prepuce skin
- **Labia Minora:** Reduction labiaplasty
- **Labia Majora**
  - Augmentation via autologous fat transfer
  - Skin tightening by resection of loose skin
  - Varicose Vein Reduction: Sclerotherapy
- **Vagina:** Vaginal Tightening aka vaginal “rejuvenation”
  - G-spot amplification/enhancement
In the Future
What will residents do in the office?
Monique Ruberu, MD DUCOM/HUH 2007 OBGYN Resident Survey Presented at the 2007 ACM ACOG.

- Survey of 5,241 residents in 2007, with n=130:
  - 85% LEEP, Hysteroscopy
  - 78% Essure
  - **55% cosmetic surgery**
  - >50% Endometrial ablation and Urodynamics
  - <45% osteoporosis, hypertension, and diabetes management
RESIDENTS’ VIEWS: OB Society RED 2008 (n=128)

- What is “cosmetic” gynecology?
  - 57% understand definition of GYN cosmetic surgery
  - 14% able to define laser vaginal rejuvenation surgery

- Likelihood to perform cosmetic procedures post residency:
  - 14% very likely, 24% somewhat likely, 27% uncertain, 37% not likely

- Financial Gain: #1 reason for performing cosmetic surgery

- Who should perform cosmetic surgeries?
  - 51% general OBGYN, 26% urogynecologists, 21% cosmetic surgeons

- Does your program train in GYN cosmetic surgery?
  - 91% no, 8% yes

- What is ACOG’s opinion regarding cosmetic GYN surgery?
  - 44% undetermined, 32% against, 20% no comment.
ACOG COMMITTEE OPINION: VAGINAL “REJUVENATION” AND COSMETIC VAGINAL PROCEDURES NUMBER 378: SEPT 2007

- “Vaginal rejuvenation,” “designer vaginoplasty,” “revirgination,” “G-spot amplification” are not medically indicated

- Safety & effectiveness has not been documented

- Deceptive to express these procedures as routine & accepted surgical procedures

- Women should be informed about the lack of data supporting the efficacy of these procedures & their potential complications: including infection, altered sensation, dyspareunia, adhesions, scarring.
Case #1: 25yo G0
Self Conscious of her Labia.
Preventing sexual relationships

Procedure: Labiaplasty
Case #2: 41yo G2P2002
Unhappy with her sexual intimacy

Procedures:
1. Labia minora reduction
2. Redundant prepuce removal
3. Perineoplasty
4. Laser vaginal rejuvenation
Case #3: 47yo G6P6006
Vaginal looseness x 10 years

Procedure: AP Repair; Laser Vaginal Rejuvenation