

An Evolving Era of Aesthetic Gynaecology

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Abstract- In the past few years, aesthetic gynecology has been gaining popularity worldwide due to its numerous health and beauty advantages.

Aesthetic gynecology consists of procedures that improve the appearance of the vaginal and vulva regions, as well as vaginal reconstructions to improve or restore sexual functions. 1. The goal of this lecture is to explain this new subspecialty that is rapidly growing and discuss the many techniques and procedures as well as the indications for its implementation, possible consequences for harm, and benefits from these methods.

Index Terms- Aesthetic, labiaplasty, vaginoplasty, clitoral hoodectomy

I. INTRODUCTION

Aesthetic gynecology has been one of the fastest-growing branches of women's health, with increasing demand and interest. It involves a range of procedures to alter the appearance or function associated with congenital anomalies or female genital changes. There is growing anxiety about their appearances; more women are looking for more information and adopting the latest medical techniques to achieve the ideal appearance, be it internal or intimate. The field of aesthetic gynecology goes beyond beautification, but it is a significant factor to be concerned with women's reproductive health and how they function. How we feel about our bodies directly impacts our emotional well-being. It is commonly observed that people who are comfortable with their bodies feel happier and more confident.

There are a variety of gynecological procedures that are non-surgical and surgical to improve the external genital tract's health and improve the health of women. 3] The indications, as well as the long-term benefits and risks of the treatments, will be discussed in this talk.

II. SURGICAL AND NON-SURGICAL TREATMENTS:

The various treatments include:

- Labiaplasty
- Vaginoplasty.
- Hymenoplasty.
- Clitoral hoodectomy.
- Labia majora augmentation.
- O-spot.

- G-spot amplification etc. Surgical solutions involve the use of –
- The number of emerging energy-based instruments (EBD) for vaginal procedures employ thermal or ablative forces to contour the vagina's exterior or to reinforce the vaginal walls that are aging. [4]
- Lasers.
- RF (radiofrequency devices)
- HIFU (high-intensity focused ultrasound).
- LED (light emitting diodes).
- High-intensity focused electromagnetic field.

The most advanced minimally-invasive treatment that uses the FDA-accepted Co2 laser for treating typical feminine problems is "**FEMILIFT**."

Problems that are usually addressed by surgical interventions:

1. Stress urinary incontinence (SUI).
2. Vaginal tightening.
3. Post menopause indications.
4. Post-delivery rehabilitation.
5. Vaginal dryness.
6. Recurring infections.

Non-surgical solutions involve the use of:

- PRP (platelet-rich plasma).
- Plasma gel.
- Hyaluronic acid fillers. They are used to treat:
 1. Improve the appearance of the vulva pigmented. [5]
 2. Treatment of vulvovaginal atrophy and kraurosis.
 3. Vulva with sclerotrophic lichen.
 4. Augmentation of the labia minora and majora.
 5. Intimate contouring as well as G-spot amplification.
 6. Treatment of dyspareunia after episiotomy and perineotomy during labor.
 7. Contouring of the clitoral.
 8. Female orgasm activation and sexuality of females.
 9. Treatment of organic and sexual dysfunction.

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III. WHY DO WOMEN SEEK AESTHETIC GYNECOLOGY:

The main reasons are Congenital adrenal hyperplasia.

Other causes are the vagina becoming looser and larger and the desire to improve sexual function and discomfort while wearing clothing or engaging in exercises that increase sexual satisfaction for both. Psychological reasons include the need to lessen the stigma of shame, low self-esteem, and fear of how external genitalia appear.

However, the most troubling aspects are that there is no proof of long-term safety or effectiveness is not sufficient in terms of quantity and quality. [8,9,10]

Gynecologists must be properly trained to recognize women who suffer from sexual dysfunction, and psychotic disorders such as anxiety, depression, and body dysmorphic disorders.

Additionally, there is a deficiency of standard nomenclature, and there could be complications associated with vaginal procedures, such as bleeding, pain, infection, scarring adhesions, altered sensation dyspareunia, and the need to undergo an operation that is re-operated. [11,12]

IV. CONCLUSION:

Aesthetic gynecology significantly impacts the sexual quality of women's life. The benefits and importance of aesthetic gynecology procedures are greater than concerns about the long-term safety and dangers. However, further research is needed to establish the standard nomenclature and protocols.

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