

Frequently Asked Questions (LVRI)

Q: I am interested in having the procedure, can you explain more about it.

A: Because we offer numerous services it is hard to respond to a general question such as this. We have made every attempt to have a comprehensive, descriptive site with visual aids to assist you in identifying and determining your concerns and interest.

Q: I have had a child or a number of children and since, things just aren't the same vaginally. My vagina isn't like it was before I had children. Sex just isn't as gratifying as before. For me, having children resulted in vaginal enlargement, with loose, weak, vaginal muscles. My vaginal muscle tone is poor and the support outside the vagina at the bottom is poor also. I performed Kegals until I was blue in the face and they didn't help me at all. I didn't know about this procedure, but I am happy to know that something can be done. Please explain to me how Laser Vaginal Rejuvenation® can correct my problems and enhance sexual gratification.

A: Many women have your exact same problem, share your self conscious concerns, and desire to enhance sexual gratification. Women are very concerned about their sexual health, sexual gratification, and procedures to enhance sexual gratification.

Laser Vaginal Rejuvenation® for the enhancement of sexual gratification is a modification of a standard gynecologic surgical procedure. The laser is used to perform precise, aesthetic surgical incisions. The techniques that we have developed result in a relatively bloodless procedure performed on an outpatient basis. In brief we will tighten the vaginal muscles and support tissues, as well as reduce redundant vaginal mucosa (relaxed vaginal lining). The procedure will enhance vaginal muscle tone, strength, and control. It will effectively decrease the internal and external (introitus) vaginal diameters, as well as build up the perineal body (the area immediately outside the vaginal and above the anus. According to Masters and Johnson, sexual gratification for the female is directly related to the amount of frictional forces generated. We can accomplish this. The procedure can also provide an aesthetic enhancement of the external vaginal structures, resulting in a more youthful look. As with all of our surgical procedures you are an integral part of the team and we listen to you and abide by your wishes. In this procedure the woman determines how tight she wants to be.

Q: I have had several children. I have vaginal relaxation and I also lose urine when I laugh, cough, sneeze, or exercise. This problem has really impacted on my life, it is socially embarrassing and hygienically unacceptable. Can I correct my urinary problem and enhance sexual gratification all at once?

A: Your urinary problem is called stress urinary incontinence. It is caused by the vaginal relaxation of the top part of the vaginal wall. Laser Vaginal Rejuvenation® can correct your problem with stress urinary incontinence and enhance sexual gratification all at the same time.

Q: How long does Laser Vaginal Rejuvenation® take?

A: The surgical time depends on the extent of the procedure. In general the procedure takes about 90 minutes.

Q: Where is the procedure performed?

A: All procedures are performed in the surgical center at e the Women's Wellness Institute of Dallas as an outpatient surgery.

Q: I have vaginal relaxation of the bottom floor of the vaginal and the perineal body. Can I have laser vaginal rejuvenation?

A: In this case we only need to repair the lower floor of the vagina and the perineal body (area immediately outside of the vagina). Usually in this case vaginal relaxation is less extensive. Laser vaginal rejuvenation will also enhance sexual gratification.

Q: I haven't had any children but I have some vaginal relaxation and I would like to enhance vaginal muscle tone and strength as well as decrease the vaginal diameter. Can I have the procedure?

A: Depending on your circumstances you can be a candidate for the Laser Vaginal Rejuvenation®. Such procedures primarily involve the bottom part of the vagina and the perineal body.

Q: What types of anesthesia are available?

A: You can be provided with your choice of anesthesia by our board certified anesthesiologist. (local, nerve block, epidural, spinal, IV sedation, general). Some types of anesthesia are procedure dependent.

Q: When can I resume sex after laser vaginal rejuvenation?

A: We ask that you abstain from sexual intercourse for 6 weeks. Oral sex may be resumed much earlier.

Q: When can I return to work after laser vaginal rejuvenation?

A: In general returning to work is dependent on the type of work you do. Most patients can return within 5 to 7 days.

Q: I am from out of town. How long do I have to remain in Dallas after laser vaginal rejuvenation?

A: You can return home in 4 days.

Q: How much discomfort will I have after laser vaginal rejuvenation?

A: With our technique of submucosal tumescence, pudendal block with long acting local anesthetic, you will be pain free for the first 18 to 24 hours. After this, patients report mild to moderate discomfort which can be controlled by analgesics and cold packs to the area.

Q: How much does Laser Vaginal Rejuvenation® cost?

A: Fees are all inclusive of the surgical center, anesthesiologist, surgical assistant, surgeon, and follow-up. The initial consult is complimentary. The fees depend on the type of the procedure and the extent. A fee range can be provided once we know your particular needs.

Q: What are the surgical risks for laser vaginal rejuvenation?

A: Laser Vaginal Rejuvenation® is a safe procedure with low risk. To put the risk in perspective, pregnancy is associated with far more risk than any of these procedures. Like any surgery the risks are hemorrhage and infection. These are less than 1%. If one requires work on both the upper and lower vagina then there is risk of injury to the bladder and the rectum. This is exceptionally rare and in many years of our surgical experience we have not encountered any of these complications. With any surgery one can encounter scarring. Over correction can potentially result in painful sex. Although rare there are anesthetic risks also depending on the type of anesthesia.

Q: Can Laser Vaginal Rejuvenation® be combined with designer laser vaginoplasty?

A: Laser Vaginal Rejuvenation® can be combined with designer laser vaginoplasty such as laser reduction labioplasty.

Q: Can Laser Vaginal Rejuvenation® or designer laser vaginoplasty be combined with other cosmetic surgical procedures?

A: Yes, our board certified plastic and reconstructive surgeon is available to combine Laser Vaginal Rejuvenation® or designer laser vaginoplasty with most cosmetic surgical procedures such as breast augmentation, liposuction, or a tummy tuck.

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Q: My inner vaginal lips (labia minora) are too long. Can I have them reduced?

A: The labia minora can be aesthetically sculptured to your specifications with laser reduction labioplasty.