

## VAGINAL REJUVENATION - FREQUENTLY ASKED QUESTIONS

### **Q: What is vaginal rejuvenation?**

A: Vaginal rejuvenation, or vaginoplasty, is a 1-2 hour out-patient procedure which tightens the vaginal opening and vaginal canal to a patient's specifications. Millions of women experience vaginal relaxation due to childbirth or aging. This results in decreased friction or stimulation during intercourse leading to decreased sexual gratification. Vaginal rejuvenation addresses this common complaint by decreasing the internal and external vaginal diameter while enhancing vaginal muscle tone, strength and control.

### **Q: What are typical symptoms of women who choose vaginal rejuvenation?**

A: Women who pursue vaginal rejuvenation to address their vaginal relaxation may complain of:

- Decreased sensation and stimulation during intercourse
- A loose vagina with minimal muscle tone
- A gaping vaginal opening unpleasing in appearance
- Their partner slipping out during intercourse
- Tampons falling out
- Their vagina producing embarrassing "gas-like" sounds during intercourse or a "popping" noise while walking
- Tissue protruding from their vagina
- Problems passing bowel movements
- Scar tissue surrounding the vagina

### **Q: How long does vaginal rejuvenation take?**

A: Individual procedures typically take between 1 and 2 hours.

### **Q: Where is the surgery performed?**

A: Most surgeries are performed in our private surgical suite. Since 2007 it has been accredited by the American Association for the Accreditation of Ambulatory Surgical Facilities (AAAASF), the gold standard in patient safety. Our all-female surgical staff specializes in cosmetic vaginal surgery emphasizing patient safety, comfort, and peace of mind. Most of our patients tell us this is preferable to a hospital setting or a large surgery center as patient privacy is more fully protected and a patient is never exposed to hospital based germ cross-contamination. The surgical suite is also superior to in-office procedures because we can use more appropriate anesthesia to achieve the best cosmetic results for our patients. Dr. Brady and her surgical team have thousands of hours of experience in this state of the art facility.

### **Q: How much does vaginal rejuvenation cost?**

A: Fees range from \$6000 to \$9000 including the surgeon's fee, anesthesia fee, facility fee, all pre and post-operative appointments, and blood work. A quote based on your specific medical history, physical exam and desired goals will be provided upon the conclusion of your initial consultation.

### **Q: What about financing?**

A: Women's Wellness Institute of Dallas has made arrangements with Care Credit and United Medical Credit to offer financing plans including six months no interest.

### **Q: Is there a fee for the initial consultation with the surgeon?**

A: No. The initial consultation is complimentary and focuses on an individualized plan of care to address each patient's desires. Surgical procedures are discussed in detail, before and after photos are reviewed, and all post-surgical protocols are explained.

**Q: Is vaginal rejuvenation covered by insurance?**

A: Usually not, as it is considered an elective procedure such as breast augmentation, liposuction, or abdominoplasty. However, if patients have a medical diagnosis such as moderate to severe pelvic prolapse or stress urinary incontinence, among others, insurance may cover the medically necessary procedure possibly decreasing fees from the elective portion of the surgery.

**Q: Should I have my vaginal rejuvenation performed by an OB/GYN or by a plastic surgeon?**

A: The answer is neither. Plastic surgeons tend to focus the majority of their practice and time on the most common elective procedures, including breast augmentation and face lifts. Vaginal rejuvenation, if performed at all, is a secondary procedure they rarely have the opportunity to perform with limited expertise. General OB/GYN's, while examining hundreds of women monthly for pap smears or yeast infections, have minimal if any training or experience performing a state of the art vaginal rejuvenation for premium aesthetic and functional results.

Cosmetic gynecologic surgery is ideally performed by a surgeon who specializes in the field of aesthetic vaginal surgery. Ideally, patients will seek out a specialist who has performed hundreds or thousands of vaginal rejuvenation procedures and is intimately familiar with the varied anatomy, patient preferences and latest surgical management to provide optimal results both aesthetically and functionally.

To choose a qualified cosmetic vaginal surgeon:

- Verify credentials
- Review before and after photos
- Consider the number of vaginal rejuvenation procedures performed
- Request patient testimonials

**Q: How many vaginal rejuvenation surgeries has Dr. Brady performed?**

A: Dr. Brady has performed hundreds of vaginal rejuvenation procedures since she became the first cosmetic vaginal surgery specialist in Dallas in 2006.

**Q: Why should I choose Dr. Brady as my surgeon over other surgeons?**

A: As a specialist in cosmetic vaginal surgery, Dr. Brady has years of experience performing vaginal rejuvenation on a weekly basis. Dr. Brady has years of training as a vaginal surgeon and has studied with both Dr. David Matlock and Dr. Red Alinsod, both widely recognized pioneers in the field of cosmetic vaginal surgery. Patients are typically thrilled with their aesthetic and functional results, and all patient survey results are available for review during the initial consultation. Numerous before and after photos provided on this site, and even more during the consultation, attest to the various extremes of anatomy that Dr. Brady has transformed.

Moreover, as a female, Dr. Brady fully comprehends the sensitive nature of the subject and is able to communicate with empathy and understanding. Our entire office staff is female including all of the physicians and nurses. Many patients say they feel more comfortable, respected, and protected being surrounded by other women during a vaginal surgery.

Finally, the on-site AAAASF accredited surgical suite available to Dr. Brady's patients is the perfect setting to undergo vaginal rejuvenation. The suite is reserved for cosmetic vaginal surgeries ONLY providing an exclusive, comfortable, patient-focused and practiced experience throughout your stay with us.

page 2 of 4

**Q: Does Dr. Brady perform Laser Vaginal Rejuvenation (LVR)?**

A: Dr. Brady is proficient with many surgical instruments including the laser, Ellman radiofrequency

device, electric knife, plastic surgery scissors and the scalpel. The instrument best suited for your particular surgery will be discussed during your initial consultation and the advantages and disadvantages of each instrument may be reviewed in detail.

**Q: What are the surgical risks of vaginal rejuvenation?**

A: Risks of surgery are extremely rare and seen in less than 1% of cases. Complications may include infection, bleeding, bowel injury, scarring or nerve injury. To put this into perspective, the risks involved with pregnancy and delivery far exceed any risks of vaginal rejuvenation performed by a surgeon with expertise in the field of cosmetic vaginal surgery.

**Q: What types of anesthesia are available?**

A: Vaginal rejuvenation is performed using general anesthesia provided by a licensed, board certified anesthesiologist.

**Q: What is recovery like after vaginal rejuvenation?**

A: Most patients are cautiously up and about the afternoon of their surgery day as the anesthesia wears off. During the first 24-48 hours after surgery, patients should place ice packs or frozen peas on their incisions to minimize swelling and bruising. Routine tasks are encouraged as long as there is no irritation or pressure at the incision sites and heavy lifting must be avoided. Loose clothing and cotton underwear "granny panties" are mandatory.

By 72 hours you may resume regular activities, making sure there is minimal friction to the incisions. Patients may drive after 2 days as long as they are not taking narcotics. Patients may return to work within 4 days as long as rigorous physical activity is avoided, although a week off is ideal. During the 6 week recovery, patients are on pelvic rest (no intercourse or tampons) and should avoid bath tubs/hot tubs or swimming in the lake or ocean. Rigorous exercise, cycling, horseback riding, jet skis, motorcycles and four wheelers should be avoided during the recovery period.

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

A: In general, returning to work is dependent on the type of work you do. Most patients can return within 4-7 days.

**Q: How much pain should I expect after surgery?**

A: Nerve blocks and local anesthetics will numb the incision for the initial 18-24 hours following surgery allowing a smooth transition into recovery at home. Post-operative pain is well controlled with oral pain medications such as toradol or hydrocodone and ice packs. On average, most patients wean themselves off of prescription pain medication between 4 and 6 days after surgery.

**Q: How soon may I have sex after surgery?**

A: We ask that you abstain from sexual intercourse and masturbation for 6 weeks to ensure the best aesthetic and functional results.

**Q: Will vaginal rejuvenation improve my sex life?**

A: The purpose of vaginal rejuvenation is to tighten the vagina for increased friction resulting in greater stimulation during intercourse. A patient's sex life can also be enhanced by her increased self confidence and the resulting increased libido. Two scientific studies have recently been published to address this issue. These studies concluded that 83% to 90% of vaginal rejuvenation patients experience successful results with an improved sex life following surgery. Although no surgery carries a 100% success rate, Dr. Brady strives to provide every patient with an exceptional post operative experience.

**Q: How long will it take for me to achieve my final results?**

A: Final optimal results are typically appreciated 4-6 months after surgery. By the 6 week clearance appointment, the stitches should have dissolved and patients are cleared to resume regular activities.

**Q: How long will results last after vaginal rejuvenation?**

A: The results of vaginal rejuvenation typically last for a lifetime, unless a new vaginal delivery reverses its affects. As we age, all parts of the body relax slightly but the vaginal area should never return to the degree of relaxation experienced prior to surgery. The aging process involves muscle, tissue, and skin throughout the entire body. Patients experience these aging affects following any elective surgery: the face following a face lift, the waist following a tummy tuck, or the thighs following liposuction.

**Q: Can vaginal rejuvenation be combined with other cosmetic surgical procedures?**

A: Yes. Many times patients choose to combine vaginal rejuvenation with labiaplasty for a full feminine make over. In addition, Dr. Brady works with a number of plastic surgeons to combine elective procedures such as breast augmentation, liposuction, or tummy tucks. With this option your surgery will be conducted in a single surgical session, thereby minimizing the risk, inconvenience and cost of multiple surgeries.

**Q: I am from out of town. How long before I can travel back home after my surgery?**

A: Many of our patients travel nationally and internationally to experience vaginal rejuvenation with Dr. Brady. Most prefer a long distance initial consultation which may be scheduled by calling our office or using the contact page on this site. If a patient wishes to pursue surgery, she arrives the evening before surgery and must remain in the Dallas area for 24 hours after surgery.

All patients have a follow up appointment 3 days after surgery so our patients traveling long distances may wish to remain in Dallas for 4 days. Our concierge service is accustomed to facilitating hotel reservations, transportation services, private in-room nursing and recommending entertainment venues, delicious five star restaurants and Texas-sized shopping sprees.

**Q: Could I be a candidate for vaginal rejuvenation even if I've never experienced a vaginal delivery?**

A: Absolutely. While childbirth is the most common cause of vaginal relaxation, it may also be the result of:

- Aging
- Genetics
- Dramatic weight changes
- Chronic straining with constipation
- Chronic cough
- Activities such as weight lifting
- Heavy lifting at work or at home

The only way to find out if you are a candidate for vaginal rejuvenation is to consult with a specialist for an evaluation and to discuss your options. Women should complete their childbearing before having the procedure.

**Q: May I personally speak with other patients who have had vaginal rejuvenation performed by Dr. Brady?**

A: Yes. Many of our previous patients have offered to speak with other women who are considering vaginal rejuvenation.