

“Cosmetic gynecology” covers a range of **elective** procedures meant to change the appearance or comfort of the genital area — and some heavily marketed “vaginal rejuvenation” energy or laser treatments. This sheet gives you balanced, honest information: what is medically established, what is mostly marketing, and how to stay safe and set realistic expectations.

## What's Included

- **Labiaplasty** — reshaping the labia, usually for physical discomfort (rubbing, pain with activity or sex) or appearance. A recognized surgical procedure.
- Other elective procedures to alter appearance.
- **“Vaginal rejuvenation” energy/laser devices** — marketed for laxity, dryness, or leakage.

## An Honest Word on “Rejuvenation”

Energy- and laser-based “vaginal rejuvenation” devices are **not FDA-approved** to treat laxity, incontinence, or menopausal symptoms, and the **FDA has warned** that they may cause harm (burns, scarring, pain). Effective, proven treatments exist for those concerns — such as pelvic-floor therapy, vaginal estrogen, pessaries, and incontinence procedures — each with its own handout. Be cautious of marketing promises.

### LEARN THE TERMS

#### Elective

A procedure you choose, not medically required.

#### Labiaplasty

Surgery to reshape the labia.

#### “Vaginal rejuvenation”

A marketing term for energy/laser treatments — not FDA-approved for those uses.

#### Energy / laser device

Heat-based treatment promoted for laxity or dryness; carries an FDA warning.

#### GSM

Menopausal dryness — has proven treatments (e.g., vaginal estrogen).

#### Realistic expectations

Understanding the likely result, limits, and risks before choosing.

**IS THERE SOMETHING “WRONG” WITH ME?** Almost always, no. Genital appearance varies widely, and a normal body needs no “fixing.” These procedures are a personal choice — reasonable when something truly bothers you physically or emotionally, but never something you need to do to be normal or healthy.

### If You’re Considering a Procedure

- 1 **Clarify your goal** — comfort, function, or appearance — and whether a proven medical treatment fits better.
- 2 **Choose a qualified surgeon** with specific experience, and review before/after expectations honestly.
- 3 **Understand the risks** — bleeding, infection, scarring, changes in sensation, and possible dissatisfaction.
- 4 Be wary of **non-approved “rejuvenation”** devices; ask for the evidence and the FDA status.

### Recovery (e.g., Labiaplasty)

- Swelling and soreness for a couple of weeks; ice and good hygiene help.
- **Avoid sex and strenuous activity** for several weeks as directed.

#### Call your care team if you have:

- A fever, spreading redness, or foul-smelling discharge (infection)
- Heavy bleeding or the wound opening
- Severe or worsening pain, or a burn/blister after an energy treatment

### Good to Know

- If your concern is **leakage, prolapse, or dryness**, proven treatments work better than “rejuvenation” devices.
- Give yourself time and an unpressured second opinion before deciding.

#### THREE THINGS TO REMEMBER

1. Cosmetic gynecology is elective; normal anatomy needs no fixing, and these are personal choices.
2. Labiaplasty is a recognized procedure for discomfort or appearance; “vaginal rejuvenation” lasers are **not FDA-approved** and carry warnings.
3. For leakage, prolapse, or dryness, use proven treatments. Choose a qualified surgeon and understand the risks first.