

Compassionate Advice & Empowering Information



Reclaiming Your Femininity:

A Woman's Guide to Vaginal Rejuvenation & Labiaplasty

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Disclaimer

The information in this guide is intended to describe the potential benefits of vaginal rejuvenation, labiaplasty and hymenoplasty for healthy females.

However, any decision involving your personal medical treatment should be made only after consulting the physician of your choice. Do not start, stop, or change medications or treatment programs without professional medical advice.

Neither this guide nor any other book should be used as a substitute for professional medical care or treatment.

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Introduction

If you're reading this guide right now, then you must be like the millions of women seeking answers for questions about vaginal rejuvenation or labiaplasty.

Believe me, you are not alone.

Every day more and more women from *all over the world* are discovering the benefits of vaginal rejuvenation and labiaplasty.

And like you, they are searching for information on these procedures every day, 24 hours a day, 7 days a week.

In fact, vaginal surgery is one of the fastest growing areas of “cosmetic” surgery.

I should know. I have talked to hundreds of women like you month in and month out.

And no, I'm **NOT** a doctor.

I'm not a nurse or a medical assistant either. Truth be told, I'm not a medical anything.

So *who* am I?

Allow me to introduce myself. My name is Vanessa Scott. And unless you called our office, chances are you haven't heard of me before. But that's okay, once you finish reading this guide, you will be glad you finally did.

You see, what I AM is a vaginal surgery consultant. And I talk to women seeking information and answers on vaginal surgery, just about every day.

And as far as vaginal rejuvenation and labiaplasty go, I've talked to thousands of women that are where you are right now.

Trying to determine if vaginal rejuvenation or labiaplasty is right for them.

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What's In This Guide?

At this point, you are probably wondering what this guide is going to offer you and how it can help you. Well let me tell you.

In the pages to follow, I am going to share with you some incredibly helpful, insider information that I picked-up while working for one of the most experienced vaginal rejuvenation experts in the world.

For privacy reasons, we will refer to this doctor as Dr. X.

Dr. X is a real surgical genius. A **pioneer** in the vaginal rejuvenation industry.

You see Dr. X has been passionate about helping women for decades.

She was and is committed to empowering women and providing them with all the facts they need. Dr. X wanted her patients to choose the best procedure for them, their bodies and their minds.

You can bet that I learned a lot from Dr. X.

And in my role as patient consultant for Dr. X, I have literally talked to women from just about every corner of the globe and from all walks of life.

In time it became abundantly clear that the information available on the internet was not answering the questions these women were asking me each and every day.

So why am I telling you this?

Because I realized these women were coming to us with some very personal and intimate concerns and all they wanted was help.

They wanted an *end* to their chaffing, frequent urinary tract infections, urine leakage, partner/penis fall-out, looseness, lack of sensation, etc.

And stated a little differently, they simply wanted to *feel* like a **normal woman** again. They wanted to enjoy their (sex) life again.

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Sometimes these women would have their surgeries with Dr. X and sometimes they wouldn't.

But even if they did not become one of our patients, in my opinion, they still deserved to know all the facts.

Nothing more and nothing less.

I've seen firsthand, how vaginal rejuvenation and labiaplasty can help women of all ages, shapes and sizes (from just about every part of the world).

If this guide helps just one of you reading it, then it has done its job.

So there you have it.

Now you know who I am and why I have devoted the time and effort to bring this guide to you and all the women of the world!

In a nutshell, here is **what you will find in the following pages** (& what you won't find).

You will find straightforward, easy-to-understand and useful answers to questions like...

- **Are you a candidate** for Vaginal Rejuvenation and/or Labiaplasty?
- Will *Insurance* cover or reimburse you for vaginal surgery?
- Is there a difference between Laser Vaginal Rejuvenation and “Regular” Vaginal Rejuvenation?
- Are you *too old* (or too young) for Vaginal Surgery?
- How long will the results of the surgery last?
- Why do *some* doctors charge less or more?
- When can you start having sex?

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- How Much Does It Cost?

What you **WON'T** find is any confusing, boring medical jargon or words you can't pronounce.

Just straight talk from my experience, working with thousands of women *just like you*.

But before we go on, let me make one quick clarification.

Vaginal surgery is a very broad term that includes any surgery on the vagina. These surgeries could be needed for any number of medical reasons.

For the purposes of this guide though, I am referring to vaginal rejuvenation and labiaplasty **only**.

- **Vaginal Rejuvenation or Vaginal Tightening** (with or w/out a laser) – Tightening of the vaginal canal and entrance to a pre-child or virgin-like state
- **Labiaplasty** (or Labioplasty) – A reduction in the size or removal of pigmentation of inner or outer lips to improve function, appearance and sometimes comfort

All other vaginal surgeries are outside the scope of this guide.

And this should go without saying, but, this guide should **not** be used in place of medical treatment from a professional.

It is intended to provide you with additional information so that you can have a more educated discussion with your doctor.

ALWAYS seek medical advice from a certified medical professional.

Got it? Good.

Okay. Now we're ready to get to the good stuff. So listen up.

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What follows is *powerful* information that will give you the knowledge you need to help you choose what's right for you.

If you are wanting, thinking, considering, contemplating or even just curious about Vaginal Rejuvenation and/or Labiaplasty, then you **owe it to yourself** and your body to continue reading.

The women I talk to everyday are looking for the answers to these questions, and now you have them as well...

Question #1

Are You a Candidate for Vaginal Rejuvenation or Labiaplasty?

Are *you* a candidate for Vaginal Rejuvenation or Labiaplasty?

Well that depends. The truth of the matter is that any *healthy* woman with a desire to improve the comfort, function or appearance of her vagina is a candidate.

Let me explain what I mean by that.

But before I do, it also matters whether we are talking about vaginal rejuvenation or labiaplasty. So let's look at each one individually.

Let's talk about vaginal rejuvenation first.

I like to refer to vaginal rejuvenation as "better sex for Mommy."

Let's face it; giving birth is no walk in the park. At least not for *you*, the mother. While "daddy" stands by and offers "moral" support, you are going through one of the most traumatic experiences of your life!

According to one doctor, "Having a baby pass through the vagina is almost like having a small explosion go off inside the woman. The delicate vaginal tissues are inevitably strained, bruised and torn."

OUCH!

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One woman told me that giving birth was like trying to "push a watermelon through an ant hole". Sounds fun, right?

You get the idea. In order to get something that **big** through something that *small*, a lot of stretching takes place.

And the result?

A "looseness" that was not there before. All that stretching and pulling takes its toll. Some women even report no longer being able to '*feel their partner*'.

Think about it for a minute.

Have you experienced any of the following?

- A decreased sensation or less sexual gratification during intercourse (i.e. since giving birth)?
- Does it feel like your vaginal opening *muscles have lost their strength* and kegels aren't working?
- Do you experience partner (penis) fall-out while engaging in sex?
- Are you hearing *gas-like noises* (air moving in and out of the vagina) during intercourse?
- Is it taking more time for you to experience an orgasm than you would like?
- Are you afraid your partner "*can't feel*" you?
- Tampons *not staying in place*?
- Do you experience urine leakage when you cough, laugh, sneeze, etc...?

Sound at all familiar?

If you answered yes to any of the questions above, then you may be a candidate for vaginal rejuvenation. Don't worry, *you are not alone*.

Consider this fact; there will be more than 135 million births in the world

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this year alone. You read that correctly, women all over are feeling “loose”.

Actually, according to the American College of Obstetricians and Gynecologists, approximately **30 million American women** suffer from symptoms of vaginal relaxation.

Now you're probably asking yourself, if millions of women a year could need this surgery, then why isn't everybody talking about it?

The answer is simple. In the past, gynecologists could only perform surgery to tighten the vagina when there was a “**valid medical reason**”.

By valid medical reason, I mean necessary to correct bowel or bladder issues, i.e. Stress Urinary Incontinence or Rectocele.

Sexual gratification alone was (and is still not) recognized as necessary by the medical community or insurance companies.

In other words, gynecologists will **not** perform the vaginal tightening procedure, *unless* there is something medically wrong with you. No fallen bladder or rectum, no "tightening".

Trouble is, in my opinion, every woman deserves to have great sex and intense orgasms, whether there is or is not a “*valid*” medical reason!

Don't you agree?

Luckily, the vaginal rejuvenation industry has stepped in to fill the need.

In short, vaginal rejuvenation is restoring the female's anatomy to a “*virgin-like*” state or *pre-childbirth* form.

Vaginal rejuvenation enables you to experience better **friction** during intercourse and thus increased sensation for both you and your partner.

Some women even claim to reach orgasm quicker and can now "climax as fast" as their husbands because of it!

One woman recently told me that she felt like she had a “*smaller, younger vagina*”. And her “**orgasms were better than she remembered!**”

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Aside from improved sex with her partner, she also mentioned there was no more “pad wearing and no more Stress Urinary Incontinence”.

Not too bad, huh?

So, in a nutshell, **Vaginal Rejuvenation = Better Sex** and no more urine leakage. You get the picture.

You can learn more about [Vaginal Rejuvenation](#) on my site, or [click here](#) if you have a question for me regarding the information above.

Do you need Labiaplasty?

Up until now, we've talked only about vaginal tightening and have basically ignored the labia.

You're probably saying “Great Vanessa, but what if I’m NOT experiencing looseness or leakage? What if I’m just concerned with how my *hoo-ha* looks?”

Labiaplasty or labia reduction is the second most common vaginal surgery I have seen.

Women who are unhappy with the *appearance* or *comfort* of their Labia Minora (small inner lips) or Labia Majora (larger outer lips) may choose to have a Labiaplasty.

The procedure is done to **reduce the size** of your labia for function and/or improve the look of your vagina.

Now a days, women of all ages and races have labia reductions. That's right; not only Hollywood stars and Playboy centerfolds are doing it.

In fact, the youngest patient I worked with was 13 years old. She was not doing it for aesthetic reasons though. She was not able to participate in gym class because of the discomfort she felt when running.

The oldest patient was I saw was 64 years old. After *5 years of having no*

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intercourse with her husband because of the pain her labia caused, she felt it was time to take charge of her womanhood again.

So whether you're talking about labiaplasty or vaginal rejuvenation, you really can't be too young or too old for the surgery. Each person has unique needs that determine if you are a candidate or not.

The truth is, labia come in all shapes and sizes and work differently for everyone. Your gynecologist may be telling you "it's normal", but what does that mean to you?

One patient actually described her labia (before surgery), as resembling the skin of a "**plucked chicken**". She told me that she had stopped having sex with her fiancé because she couldn't stand for him to look at her anymore.

And even though he told her repeatedly that it "didn't matter" to him what *it* looked like, it made no difference in how she felt.

What really matters is whether you are happy with your Labia or not.

Most of the women I work with are unhappy with the look or appearance of their labia, however, there are also a good number that are concerned more with function than appearance.

They instead experience trouble with ordinary, every day activities like walking or sitting and simply desire to be comfortable.

With that in mind, here are some of the most common reasons women have Labiaplasty:

- One labia (lip) is **longer** than the other.
- The "small" inner lips are much **larger** than the outer lips.
- Labia cause daily *discomfort* w/clothes, exercise, sex, etc.
- They are embarrassed by the excess tissue.
- They experience *constant chaffing*.
- Their labia have a **dark color** or **pigmentation**.

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- They have a *multi-directional urine stream*.
- Experience *problems placing tampons* due to excess tissue.

The bottom line is, when considering Labiaplasty, ask yourself “Are You Happy with how your labia are working for you?”

If the answer is no, then don't ignore what you are feeling. You no longer have to feel helpless and accept the discomfort/pain you are experiencing.

You have options.

What's most important, is that you make the choices that are **right for you!**

If you are unhappy with the way your labia look or feel, then you are a potential candidate for labiaplasty.

You can learn more about [Labiaplasty](#) on my site, or [click here](#) if you have a question for me regarding the information above.

Question #2

Is There a Benefit to Using the Laser vs. the Scalpel?

As I mentioned earlier, gynecologists have been offering vaginal tightening surgeries for bladder/bowel function for years.

It was not until recently (14 years ago) that **Laser Vaginal Rejuvenation (LVR)** and with the laser over a scalpel were elected to perform these same surgeries.

With LVR came the discussion of very intimate issues for women that **NOBODY** had been talking about; **IMPROVED SEXUAL GRATIFICATION** for the woman.

Truth be told, I have had medical doctors (that were patients of Dr. X), tell me they had never discussed sexual function with their own gynecologist!

Let's face it; your *gynecologist has not been trained* to address vaginal laxity or sexual dysfunction. They are trained to treat bowel and bladder function.

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Now look, I'm not saying that your gynecologist is a bad person, I'm just saying they are not *trained* to help you with sexual gratification.

But thanks to the founder of Laser Vaginal Rejuvenation, an OB/GYN himself for more than 20 years, more *women* are taking matters into their own hands.

Benefits associated with Laser Vaginal Rejuvenation are:

- Precise, Clean Incision
- Minimal Blood Loss
- Lesser Risk of Infection
- Minor Swelling or Inflammation
- Reduced Scarring
- Quicker Recovery Time

Although people can attest to these benefits, the most important detail to consider is that the **tool will NOT be as important as the doctor.**

You want a doctor that knows what they are doing!

Whether you're talking about LVR or labiaplasty, a skilled surgeon can get great results with a scalpel or a laser.

Do your research and find an expert in the surgery you are seeking.

Regardless of what tool they use, you want to be reassured your doctor has had success and many HAPPY patients!

Good thing is that the price difference between a scalpel and laser procedure is small with all things considered.

You want a great surgeon operating on your vagina, period.

Though price will vary, you can expect to pay anywhere from \$4000-\$9000 for LVR and \$3000-\$6500 for Labiaplasty, (combining procedures can change the price).

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The price will ultimately depend on your doctor's experience and tool.

Keep in mind, very few gynecologists have received the training to operate the YAG Laser (less than 200 worldwide).

Some physicians have suggested they use the laser (on websites or other advertising medium), but have **NOT** received proper training and in actuality are not using it.

Do your homework and find the doctor with whom you are most comfortable.

This is an incredibly important part of your body, entrust it only to a **qualified expert!**

You can learn more about [Laser Vaginal Rejuvenation](#) on my site, or [click here](#) to send me a question regarding the LVR information above.

Question #3

How Long Will The Results of Vaginal Rejuvenation Last?

These procedures produce permanent results!

In general, if you follow your physician's instructions and don't do anything to damage what has been repaired; your results should be satisfying and long lasting.

It is *essential* to follow your doctor's before and after surgery instructions. Every woman is unique and heals differently.

Keeping and maintaining the results of your surgery will *depend on you* as well.

If your physician advises you not to exercise for up to 8 weeks and you feel ready at 4 weeks, **listen to your physician**.

You have a role in the way your body heals and the results you achieve.

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It is always better to be safe, than sorry!

Different doctors will have different restrictions. Some will recommend you wait 8 weeks after surgery to resume sexual intercourse, while others recommend 6 weeks.

My opinion is, the better care you give your body, the better care it gives you.

Also, do not forget what caused your general dissatisfaction with your vagina to begin with!

Additional weight-gain or pregnancy may stretch the vagina again.

If you are considering having a child, it probably makes sense to wait and be done getting pregnant **before** you pay for vaginal rejuvenation.

There are plenty of skilled doctors out there with *amazing* surgical skills.

Find the one you feel is best for you.

Helpful tips: What to ask yourself when choosing your doctor:

- Do you feel like your doctor cares about you **OR** just about getting paid?
- Is your doctor knowledgeable about vaginal rejuvenation and how it can benefit women?
- How **experienced** is your doctor (with or without a laser)?
- Do they listen to *your* needs?

Remember, most gynecologists can only diagnose and treat bladder and bowel dysfunction (they aren't trained on sexual gratification).

Talk to a vaginal rejuvenation specialist and then you can make an informed choice.

Have a question for me regarding the information above? [Click here](#) to ask it!

Question #4

Will My Vaginal Surgery Be Covered By Insurance?

Another thing most women I speak with don't understand or have been told before is that some vaginal surgeries may be covered by insurance.

Yes you read that correctly. Vaginal surgeries, when medically justifiable, can be covered or reimbursed by your insurance company.

“How?” You might be asking.

Simple.

Vaginal Rejuvenation is more than just tightening of the vagina to increase sexual gratification.

Traditional GYN's have been performing procedures (currently used to “tighten” the vaginal canal) such as posterior and anterior repairs for years to correct bowel and bladder functions.

That's right; these techniques have been around for **more than 70 years**.

But it was not until about 14 years ago, that women and doctors started recognizing the sexual function or *dysfunction* a woman experiences due to genetics, weight or more commonly childbirth.

However, though there is no guarantee that your vaginal procedure will be covered by insurance, the likelihood is **greater** when you have a *valid* medical condition (a type of prolapse).

Every case is treated separately and distinctly when it comes to insurance coverage. But I don't have to tell you that, I am sure you already know.

Vaginal rejuvenation, depending on physician, the tool (laser or scalpel), the

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name of the procedure, the CPT Code, etc, will all help determine the validity of your claim and the odds of insurance covering or reimbursing.

Again, gynecologists perform the same procedures that a cosmetic gyn or surgeon uses to "rejuvenate" the vagina, only they use the medical terminology.

When the GYN provides a "Posterior/Anterior Repair" in order to correct a bladder or bowel function *and not sexual function*; it is valid to the insurance companies.

In my experience I have seen women get 100% of a "tightening" surgery reimbursed and I have seen the ones that get \$0 back. **There are no guarantees.**

Talk to your doctor and see if you have the need for a "Posterior/Anterior Repair". If you do, insurance may just help you cover the tab.

And finally, even if your insurance company does deny your request and there is a VALID medical reason, you may be able to use the cost of surgery as a tax deduction at the end of the year (ask your accountant for details).

So take your time, do your homework and speak with a qualified doctor.

Have a question for me regarding the information above? [Click here](#) to ask it!

Summary

Are you still with me? Good!

At the beginning of this guide, I told you I was going to answer the questions I hear most often from the women I talk with every day.

Hopefully, you have found the answers to *your* questions (and some you didn't even know you had).

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Because I have seen the benefits of Vaginal Rejuvenation & Labiaplasty up close, I feel compelled to share it with the world.

I have seen the *smiles from ear-to-ear* and the tears of joy streaming down a happy patients face.

And I have felt the **joy** and **renewed sense of self-confidence** radiate from their souls.

If you are unhappy with the comfort, function or appearance of your vagina, **KNOW** that you have options. You can change that today!

If you feel like vaginal rejuvenation and/or labiaplasty might be right for you, then take the next step and contact a vaginal rejuvenation expert.

Most surgeons will provide a consultation for **little to no cost**.

They will take the time to understand *your* specific situation and outline your alternatives for you.

If you're still reading this guide, I know you are doing your research. 😊

Don't let up.

Regardless of what procedure you are interested in, there is no such thing as **TOO MUCH INFORMATION**.

Talk to as many doctors and experts as you need in order to feel comfortable with your decisions.

Remember, you are in control. It's *your* body!

Get the best medical care for you and your vagina and always ask questions!

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Wishing You the Happiness, Health and Confidence *You* Deserve,

Vanessa

P.S. I always love to hear from those of you that have found this guide to be informative and useful. Please [click here](#) to share your experience with me.

Did it help you talk to your doctor? Did you get the surgery? Are you happy with the results?

You can email me directly at vanessa@vaginal-surgery.info. Let me know!