

LASER VAGINAL INSTITUTE

of South Florida

Vaginal Rejuvenation Gains Popularity

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Q: *What can you tell me about vaginal rejuvenation surgery?*

A: Some women may experience dramatic physical changes in their genitalia as they age. Sometimes the trauma from pregnancy, childbirth or pelvic surgery can alter the appearance and structure of the vaginal tissues. That's why some women are now considering so-called vaginal rejuvenation surgery.

"It's incredible how much it has grown in popularity," says Dr. Elias Mualin, a Hollywood obstetrician and gynecologist. "It's not just about the look, it's not just about the feel, it's about the whole person."

Some experts estimate as many as 30 million American women suffer from excess vaginal relaxation, a condition where the vaginal canal is more spacious than desired. Millions more are simply concerned about the cosmetic appearance of the area. Few women talk openly about these problems, which can lead to emotional distress, embarrassment and decreased sexual pleasure. The growing field of vaginal rejuvenation uses lasers and other surgical techniques to create a desired appearance and restore vaginal tautness.

"It creates a very precise incision with minimal blood loss, and a very quick recovery," Mualin says.

Like other cosmetic surgeries, vaginal rejuvenation is not usually covered by insurance, and like all surgeries, there can sometimes be serious complications. Women with certain gynecological conditions may not be suitable candidates.

Dr. Sean Kenniff covers health for WFOR CBS-4. The advice in this column is not a substitute for consulting a physician. Write to him at skenniff@wfor.cbs.com

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