

## **What is Perineoplasty?**

Perineoplasty is a simple surgical procedure that tightens up loose muscles around the opening of the vagina. It is usually combined with vaginoplasty (which tightens the muscles inside the vaginal) following child birth. [Vaginal rejuvenation procedures have become fashionable recently](#) due to celebrity endorsement and perineoplasty is now increasingly performed alone to improve both the appearance of the perineum and loss of sensitivity.

## **Where is your perineal?**

You might not have even heard of your perineum, which is the area between the anus and vaginal opening. The perineal muscles determine the tightness of the entrance of the vagina and provide essential pelvic floor support.

## **What are the benefits of Perineoplasty?**

[Almost 80% of women have experienced loss of sensitivity due to loss of muscle tone.](#)

Yet tightening procedures such as vaginoplasty concentrated on tightening and repairing the muscles inside the vagina following childbirth, rather than tightening the opening. Women suffered in silence when loose muscles left their vagina gaping open which affected sensitivity during sex. This self consciousness can damage or even prevent intimate relationships.

However, vaginal aesthetics is no longer a taboo subject. Despite controversy, this procedure has both health and psychological benefits. It can provide relief from discomfort and pain and help women look and feel attractive again.

## **What causes damage to the perineum?**

Muscles around the entrance of the vagina loose elasticity and start to sag for various reasons.

### **Childbirth**

During a vaginal delivery the perineal muscles stretch from a smooth V shape to a U shape. If they don't snap back into shape after the delivery, the perineum gapes open, which can lead to stress incontinence and infections. Tampons can even fall out!

### **Episiotomy scarring.**

Sometimes the perineum is torn or needs to be cut during childbirth. (Known as an episiotomy). Poor stitching can lead to lumpy episiotomy scarring which can cause pain and discomfort during sex.

### **Obesity**

Excess weight can stretch the perineal muscles until they lose elasticity.

### **Extreme weightloss**

Perineal muscles droop permanently despite weight loss.

### **Dyspareunia/vaginismus**

Perineoplasty is an effective for treatment of dyspareunia (painful sexual intercourse) and vaginismus (involuntary muscle contractions which prevent sex). The muscles are loosened instead of tightened.

## **Ageing**

Overtime the perineal muscles lose elasticity leading to a loss of sensitivity during sex.

## **Are there any alternatives to perineoplasty?**

Pelvic floor exercises can help improve bladder control and loss of sensitivity during sex, but they need to be started before giving birth. Once the muscles have separated during labour, only surgery can repair them.

## **What do patients need to consider before and after a perineoplasty?**

Make sure that your surgeon specialises in loss of sensitivity as well as tightening. Bear in mind that vaginoplasty surgeons tend to focus more on medical repairs rather than aesthetics.

## **What are the risks?**

[Perineoplasty is considered safe and successful with a minor complication rate of just under 20%.](#)

### Minor risks

Bleeding

Infection: treat with either antibiotics and/or drainage.

Inflammation/swelling

Constipation

### Rare complications

Nerve damage

Tissue adhesions

Vaginal discharge with a foul smell.

Unsatisfactory results: not tight enough

Unsatisfactory results: too tight so sex is painful. A stitch may need to be removed or special dilators used to stretch the vagina for several weeks.

## **Who qualifies for perineoplasty?**

This procedure is not just popular with new mums. Other candidates include women who have experienced vaginismus, loss of bladder control or loss of sensation during sex.

## **Are there myths and misconceptions?**

Please be aware that female genitalia varies enormously. Try not to compare yourself to images in the media which may well have been doctored.

## **Perineoplasty procedure:**

During the consultation your surgeon will conduct an internal exam to assess the perineal muscles and the width of the vaginal opening. This simple outpatient procedure takes between thirty and forty five minutes under local anaesthetic with mild sedation. Remember not to book your surgery during your menstrual cycle.

The surgeon starts by making a V shaped incision to the back wall of vagina and then peels back the opening of the vagina. Any lumpy episitomy scarring or excess skin is removed. The muscles are tightened and the edges of skin carefully stitched back together then the incision is closed with dissolvable stitches. Some surgeons use laser technology instead of a scalpel for improved precision.

### Downtime

After a short recovery in hospital, you will be given painkillers and antibiotics and sent home to rest for a few days. Whilst there is little discomfort, expect minor bleeding so you may need sanitary pads. The stitches will dissolve after two weeks and it is very important to keep area clean and dry to avoid infection.

Consume lots of liquid and fibre to avoid constipation.

No heavy lifting or exercising for four weeks.

No sex for four weeks or the incision may reopen.

Wear loose clothing and loose underwear for six weeks.

No tampons for four weeks.

### **What are the best recovery tips following perineoplasty?**

An experienced surgeon will recommend pelvic floor exercises one month before surgery and for six to eight weeks following surgery to strengthen the re-attached muscles.

### **Non-surgical Vagina Facelift.**

Not ready for surgery? A non-surgical option for the time-poor is the Vagina Laser, a non-invasive procedure with much less downtime. A small wand is inserted into the vagina which delivers either radiofrequency or ultrasound laser energy to gently heat up the collagen. Over the next three months the vaginal tissue gradually tightens up. A course of three is recommended, at least one week apart and results can last up to two years