



Women's Health Specialists
Compassionate, Contemporary, Comprehensive

Perineorraphy (Perineoplasty)

Perineoplasty is a minor surgical procedure that will reduce the size of the vaginal opening. "Vaginoplasty" or "vaginal rejuvenation" are non-medical terms often used in the media to embellish or market a perineoplasty, and may or may not imply additional surgery.

After childbirth, vaginal tissues may lose their tone, muscles at the opening may be torn or heal incompletely. This results in an increase in the width of the vaginal canal. Despite Kegel exercises, the vaginal tone may not improve to resolve this laxity. Consequently perineoplasty should not be undertaken until after childbearing is complete.

During a perineoplasty, your surgeon will remove excess tissue at the vaginal opening. The size of the vaginal opening is reduced, and muscular supportive tissues at the vaginal opening are repaired. The goal of the surgery is to restore normal anatomy. If prolapse of the vaginal walls is present, then surgery that is more extensive may be necessary to restore pelvic anatomy.

Do lasers really make a difference in restorative vaginal surgery?

As you consider any operation, your concern should focus on a surgeon's skills. No physician has greater experience with female genitalia than gynecologists. At Women's Health Specialists we are all board certified gynecologic surgeons.

Let's also clarify a misconception. Many surgeons try to enhance their marketing to the public by implying that using a laser is the best method. A laser is simply a tool that cuts skin, no better or worse than a scalpel or fine scissors. The cosmetic results and recovery are similar with all methods.

Most importantly, the specific technique and incisions will be customized to excise excess tissue and reconstruct your vaginal opening.

Where is a perineoplasty performed and how long does take?

It generally depends on the extent of the procedure, but usually takes about one hour and does not require a hospital stay. A variety of anesthesia choices are available.

What is recovery like?

As with any type of surgery, there is a period of time needed for the body to heal. After surgery, any pain or discomfort you may experience can usually be controlled through medication. Sitz baths, or soaking in warm water, a few times each day can be quite soothing. For the first week mild soreness and swelling is common and consequently activities are limited. We do not recommend vigorous exercise for about 2 weeks or later until it can be comfortably performed.

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Likewise, you should abstain from sexual intercourse (or any type of vaginal penetration) for 6 weeks.

How soon can I return to work?

It depends greatly on the procedure and the nature of your work, but on average most patients return to work within 7 days. If complications arise, additional time away from work may be required.

Will there be scars?

Your doctor will make every effort to keep incisions as minimal as possible. In most cases the scars are virtually undetectable after complete healing with patients in follow-up being extremely pleased with the results. The final results can usually be appreciated a few months after surgery. Finally, performing kegel exercises regularly enhances the function of the vaginal opening.

What are the potential risks and complications?

As with any operation there are risks such as bleeding, bruising, infection, and scarring. These events occur on occasion and usually resolve. Rarely pain with sex persists. These will be discussed during your consultation. Perineoplasty alone will not correct laxity of the internal vaginal walls damaged or weakened by childbirth.

Will insurance cover the cost of the procedure?

Perineoplasty is considered cosmetic surgery and health insurance plans don't cover it. There is usually a physician's fee, a facility fee and an anesthesia fee. The exact amounts will vary depending on the specifics of your surgery and the type of anesthesia necessary. Our office will give you more detailed information regarding costs as you plan for your surgery.

How can I learn more if I'm a good candidate for perineoplasty?

The best way to learn more about Perineoplasty is to schedule a consultation with one of our board certified gynecologists.

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