

Labial Reduction Labiaplasty with CW CO₂ Laser Resection in Woman with Hypertrophy of the Labia Minora: Step by Step Case Report Approach

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Abstract

Labial hypertrophy is largely subjective condition, and its under-reported incidence in the general population in some cultures. This article is a case report descriptive study in a 16-year-old patient, nulliparous, referred physical complaining of persistent discomfort when in use of her underwear, with aesthetic issues and presents functional symptoms (interference with activities) The objective of this case report is to evaluate the effectiveness application and safety of continuous CW CO₂ laser resection to the labia hypertrophy as alternative surgical therapeutically option and demonstrate step by step technique with improvement of appearance and impact on her quality of life.

Keywords: Fractional CO₂ Laser; Labiaplasty; Hypertrophy; Cosmetic Surgery; Vulvar Laser Procedure

Introduction

Labial hypertrophy is largely subjective condition and under-reported incidence in the general population origin its multi-factorial including genetic, hormonal, infectious factors, and voluntary elongation of the labiae minorae in some cultures [1] and although clinical labia minora hypertrophy remains poorly defined [2] there is no consensus in the literature concerning classification and definition of hypertrophy of the labia minora surgical approach is increasingly interest among gynecologists to better support patients seeking surgical relief of functional and cosmetic appearance. This technique approach with CO₂ laser is relatively simple and can greatly enhance the patient's confidence with satisfactory results.

We aimed to report a case of a patient undergoing CW carbon dioxide laser for labiaplasty reduction with aesthetic issues and concerns about her appearance of the labia minora with considerable emotional and psychological distress [3].

Objective of the Study

Evaluate the effectiveness application and safety of CW CO₂ laser resection to the labia hypertrophy as alternative surgical therapeutically option.

Case Report

A descriptive study in a 16-year-old patient nulliparous referred with physical complaints of persistent discomfort in her underwear, aesthetic issues and no other vulvar pathology was identified about vulvar appearance and she presents functional symptoms (interference with activities). Subjective measurements of vulvar symptoms, a VAS questionnaire was given assessing aesthetic issues and outcomes resulted including high patient satisfaction and improvement of quality of life with follow up evaluations visits at 4 weeks intervals.

On examination in the gynecology position she presents her vulvar appearance and genital measurements length of right labia minora 4 cm and left labia minora 5 cm.



Figure 1: Labial Hypertrophy and measurement.

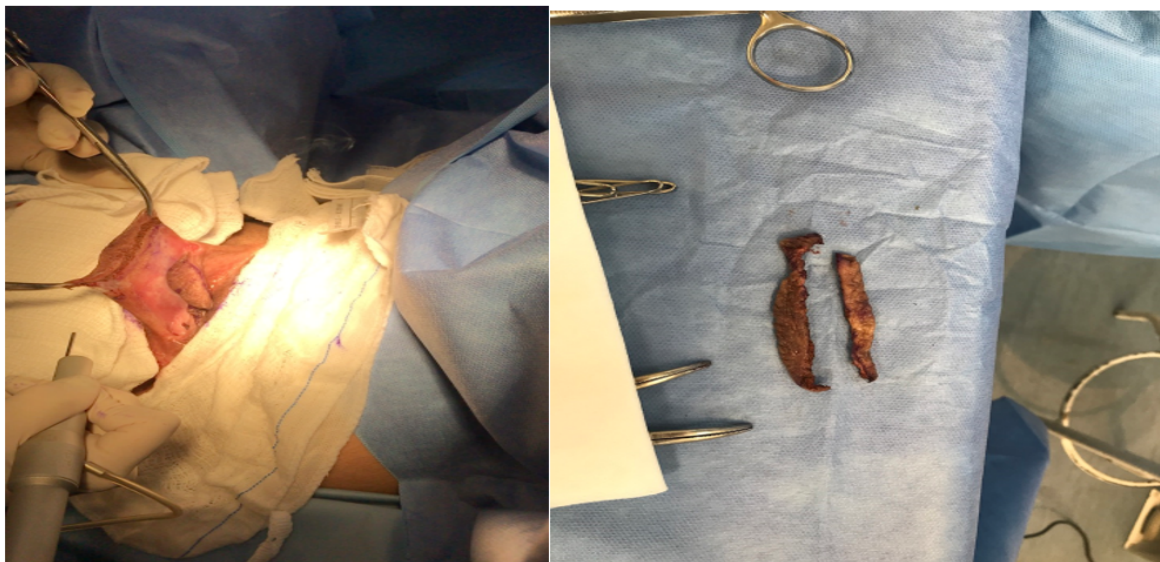


Figure 2a and 2b: Labiaplasty laser setting was 3 watts and samples cut with 3 W modes, 80 Hz.

Results and Discussion

The patient was assessed with VAS in order to demonstrate if she was alleviated and to verify the improvement of both symptoms managed with CW CO₂ laser treatment therapeutically. We performed with continuous CW CO₂ laser coagulation and sealing the edges

and local anesthesia to cut linearly excess labia minora, and closed with stitches to get best result. Patient was discharged at the hospital and returned to activities in four weeks.

She reported return of daily activity with improvement of appearance commonly after four weeks and at 6-week follow-up, vulvas were similar and patient had no complaints.

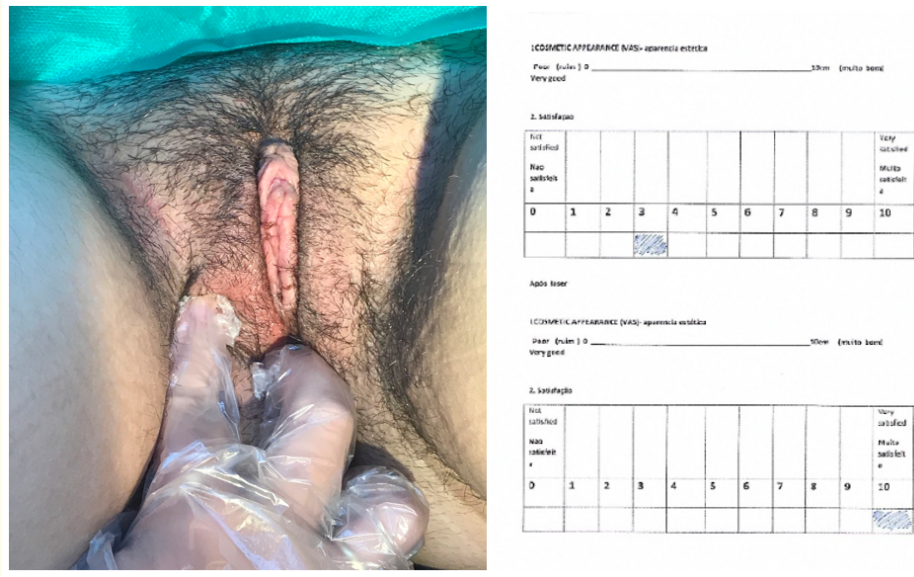


Figure 3a and 3b: After surgery.

Conclusions

There are many surgical techniques for labial hypertrophy and CO₂ CW laser was a successful technique of a relative simple alternative procedure treating labial hypertrophy in achieving relieving of cosmetic and emotional, safe, that can greatly enhance the patient’s confidence with good results and prompt return to daily activities.

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