

A Touch of Art that Regenerates the Functionality and Beauty of Female Intimate and Sexual Health

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Poetry is the translation of a feeling born in the soul that analyzes with the heart and mind a moment and expresses it through words in a work that will generate what we call art. And art transcends in its concept by leading the analysis of beauty to a level that universalizes its reach through the various areas that characterize human knowledge.

And medical science finds in poetry, art and knowledge the bases to see the birth of a new branch of gynecology that translates into the aesthetic harmony of traces the treatment of intimate problems that are part of the female universe.

And this new aspect embraces and welcomes not only insecure and frightened women, especially after overcoming a serious health problem, as in cases of breast, uterus or ovarian cancers, which arrive at the gynecologist's office with sexual dysfunctions usually originated, for pain during sexual intercourse (whose technical term is dyspareunia), determined as a side effect resulting from chemotherapy or radiotherapy, but which also share space with other women who, confident and self-assured, seek a professional with the intention of making their intimate region more sexually attractive and younger.

Thus, we have two extremes, with a range of situations and patients between them, with desires and needs that are interconnected in what, today, we are conventionally calling regenerative, functional and aesthetic gynecology.

The regenerative, functional and aesthetic gynecology, or cosmetogynecology, is composed of a series of procedures that aim to treat problems of the female genital region through approaches with the aim of returning its functionality through an effective regeneration of devitalized tissues and provide harmonization of the region through the much desired intimate aesthetics. They are procedures that seek to determine not only a change in appearance and restoration of the function of the genitals, but provide an increase in quality of life favoring psychological comfort by raising self-esteem.

The vision of the gynecologist who follows this path, escapes the conventional characteristics of the technical and cold surgeon who adopts a plan and, mechanically, acts in order to complete its purpose and achieve its goal. In the field of regenerative, functional and aesthetic gynecology, the gynecologist becomes the artist who brings to light the poetry inspired by the patient's desire, according to the needs that led her to the office.

We doctors know that self-esteem is one of the conditions for the intimate perception of beauty. And beauty is a state that is reflected in the psyche of the individual who interprets it according to its own insertion in time, in society, in its values and needs. And it is from there that we seek to approach health problems and insecticisms with a curative, regenerative, functional vision and at the same time, sign our work in an aesthetic way.

There are countless problems that are being brought under the wings of cosmetogynecology. Dermatological, oncological, plastic-surgical and other problems that require not only the medical approach, but the division of their responsibilities with professionals in psychiatry, psychology, physiotherapy and nutrition.

But how can we understand the scope and performance of regenerative, functional and aesthetic gynecology?

In our practice experience, we have noticed that many women have what gynecologists call hypertrophy of the labia minora, that is, they have enlarged labia minora that generate not only aesthetic discomfort, but also physical discomfort. In these cases, they feel ashamed to take off their clothes in front of their partner, causing an embarrassment that leads to an inhibition in the expression of their desire at the moment when it is most requested (and necessary); at the moment when they will change clothes in front of a friend or even serving as an object of bullying on the part of family members (very common among sisters). On the other hand, this hypertrophy can cause pain at the time of sexual intercourse due to the imprisonment of the lips during penetration; when this woman puts on a tighter dress, a bikini, as she cannot stabilize them inside the panties, with the same coming out from the sides; the workout; riding a bicycle, etc.. In this case, the intimate surgery (also known as labioplasty, or nymphoplasty) is a practice that takes us to a resolution of this problem, producing a satisfaction reached by the integral harmony. The great protruding lips can also be diminished through the reducing lipoplasty, as well as, through liposuction or the modern lipolaser, that flat little fat that is deposited in the public region (the called "hood of fusca").

But intimate surgery is not the only aesthetic-regenerative procedure for which women come to us at the doctor's office.

The female genitalia are not immune to the aging process, which, similarly to other areas of the body, suffers dryness of the skin and loss of tone, determining a skin flaccidity associated with decreased levels of collagen and loss of fat. And there are several therapeutic options available to establish a process of tissue regeneration, restoring to the organ the vitality and functionality that many patients know as intimate rejuvenation.

The flaccidity of the labia majora (which bothers many women) can be treated with filling substances, such as hyaluronic acid. However, with a single approach, or a single technique, we will hardly achieve the expected harmonization as a result proposed by the treatment. There is the need to increase the production of collagen to favor a physiological support through the increase of elasticity and reduction of flaccidity of the skin. And this stimulation can be done in several ways: the use of CO₂ laser or érbium: YAG, chemical peelings genitals, biostimulation, etc.. And to complement this regenerative process and lead to the rejuvenated aspect of the intimate region we can still promote the alleviation of stretch marks and scars, in addition to genital lightening, with the use of chemical peels, laser and biostimulation of collagen.

In gynecology, however, specifically when we focus on vaginal rejuvenation, there is no way to limit ourselves to aesthetic vision. It needs to be extended to visions of functionality and regeneration. And the vision of functional and regenerative rejuvenation is especially important in the lives of patients with deficit of sexual hormones (estrogen and progesterone), very common in women in menopause; in patients with genital dermatological problems, as is the case of lichen sclerosum and atrophic; in more modern surgical procedures, as in lipoplasty through the technique of laser sculpture genital (LEG) and also in a very special group: patients submitted to cancer treatment.

The use of vaginal laser and vaginal radiofrequency has brought us the possibility of treating certain problems without the need for a surgical procedure, a common fact in our recent past. Vaginal flaccidity, a very common problem among women, especially among those who have had several children or due to advancing age (when a pelvic physiotherapy work is not performed preventively) and that hinders the lives of many couples, can already be circumvented in a satisfactory way. Similarly, certain cases of urinary incontinence can also be treated using these technologies. However, a great application of the vaginal laser has been directed to women in menopause who do not wish to use the hormone replacement therapy, or to those women who cannot use hormones, as is the case of patients treated for cancer and who develop vaginal dryness, which ends up generating itching and irritation in the vagina, bleeding, pain during the relationship

and, consequently, sexual dysfunction. The oncologic patient, in turn, belongs to one of the most beautiful chapters in which regenerative, functional and aesthetic gynecology is inserted, and to one of the groups that most benefit from the vaginal laser. At this point, we find a deeper feeling for beauty.

And it is also here that we enter a more delicate field and start to ask ourselves: what is beauty for this woman? How far can we expand the concept of aesthetic and functional beauty for a woman who finds herself mutilated, afraid of death and forced to age suddenly after the suspension of menstruation? The experience of cancer is a multidimensional phenomenon, because it involves physical, psychological, social and cultural factors.

Until recently, the prescriptions for this group of patients were limited to lubricants and vaginal moisturizers in order to mitigate the discomfort at the time of sex. However, it was found that the benefit brought to the mucosa of the vagina was minimal, compromising the couple's intimacy and generating a series of disorders. Currently, however, the sexual disorders that affect these oncologic patients, although they require a multiprofessional approach, since its onset is not only physical, but also emotional, has found in the technology offered by the vaginal laser a powerful ally in the restoration of organ moisture, in its regeneration, returning it to functionality.

I like poetry very much.

I am a fan of Vinícius de Moraes.

I even agree with the poet's point of view when he says that "beauty is fundamental". But, "here for us", Vinícius was a poet... He wasn't a gynecologist. If he were, perhaps he would say: "Beauty cannot be only fundamental, but it needs to be regenerative and functional".

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