



C-Gyn 24

Vaginal 'Rejuvenation' and Cosmetic Vaginal Procedures

There have been an increasing number of clinics offering cosmetic vaginal procedures like "vaginal rejuvenation", "revirgination", "designer vaginoplasty", "G spot amplification, etc.". What is involved in these procedures is often unclear since recognised clinical nomenclature is not being used.

The American College of Obstetricians and Gynecologists (ACOG) Committee on Gynecologic Practice produced a document discouraging the practice of such procedures ⁽¹⁾. This was also reported in the Australian media ⁽²⁾.

There are a large number of variations in the appearance of normal female external genitalia ⁽³⁾. Gynaecological conditions that merit surgery include genital prolapse, female genital mutilation and labioplasties with clinical indications. Medical practitioners performing any vaginal surgery should be appropriately trained.

Patients requesting procedures other than for gynaecological conditions should be assessed thoroughly and the reasons for such a request assessed carefully. Sexual counselling is also recommended for patients requesting surgery that is purported to enhance gratification. The College is particularly concerned that such surgery may exploit vulnerable women.

The College strongly discourages the performance of any surgical procedure that lacks current peer reviewed scientific evidence other than in the context of an appropriately constructed clinical trial. The real risks of potential complications such as scarring, permanent disfigurement, infection, dyspareunia and altered sexual sensations should be discussed in detail with women seeking such treatments.

References

1. Vaginal "rejuvenation" and cosmetic vaginal procedures, ACOG Committee Opinion No. 376. *American College of Obstetricians and Gynecologists*. *Obstet Gynecol* 2007;110: 737-738.
2. Griffin M. Surgeons nipping and tucking at a hidden frontier. *The Age*. April 8 2007. <http://www.theage.com.au/news/national/surgeons-nipping-and-tucking-at-a-hidden-frontier/2007/04/07/1175366538273.html>
3. Blank J. (1993) (ed) *Femalia*. Down There Press: San Francisco.

Disclaimer

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