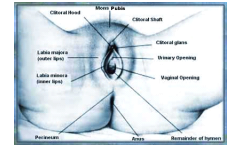


## Designer Laser Vaginoplasty® (DLV®)



Designer Laser Vaginoplasty® (DLV®) is the aesthetic laser surgical enhancement of the vulvar structures (labia minora, labia majora, mons pubis, perineum, introitus). Although our experience and techniques provide us the ability to design most anything that one can desire, our most common DLV® procedures are as follows:

- DLV® -Laser Reduction Labioplasty (of the labia minora) can sculpture the elongated or unequal labia minora (small inner lips) according to ones specification.
- DLV® -Reduction of Excess prepuce (excess skin along the sides of the clitoris) provides the desired aesthetic enhancement of the clitoral skin.
- DLV® -Laser Reduction Labioplasty with combined reduction of the thickness of the labia minora.
- DLV® -Removal of the hyperpigmented ends of the labia minora thorough DLV® -laser reduction labioplasty this can be accomplished.
- DLV® -Laser Reduction Labioplasty® of the labia majora (large outer lips). The large protruding or sagging labia majora can be aesthetically sculptured by one of three DLV® - laser methods to produce an aesthetically pleasing result.
- DLV® -Laser Perineoplasty can rejuvenate the relaxed or aging vulvar introitus (vaginal opening), labia minora, labia majora and perineum (area immediately outside the vagina and above the anus) to provide that youthful, aesthetic look and feel of the vulvar structures.
- DLV® -Augmentation Labioplasty of the labia majora via autologous fat transfer (your own fat). Some women feel that the labia majora are too flat or small and they want them augmented or enhanced according to their specifications. This can be done by

removing as small amount of fat via lipo sculpturing from a particular area such as the abdomen, hips, or thighs. The fat is then processed and a small amount is injected into the fat of the labia majora. This provides a beautiful and natural enhancement of the labia majora.

- DLV® -Vulvar Liposculpturing can completely remove the unsightly fatty bulges of the mons pubis (pubic area) and labia majora.
- DLV® -Combination of LVR® and LVR®: All of the DLV® procedures can be performed in combination with LVR®.

### Frequent Asked Questions:

#### **What is Designer Laser Vaginoplasty (DLV®)? Why do women want to have this done?**

Designer Laser Vaginoplasty is a group of cosmetic procedures that enhance and beautify the external vaginal structures. The most common of these procedures reduces the size of the Labia Minora (The inner vaginal lips). Some women have experienced trauma to these structures at the time of delivery that often make the Labia irregular. Other women were born with large labia. In either situation women may experience discomfort wearing certain types of clothes, or they may experience pain and irritation with intercourse, or they may be self-conscious about the appearance of these structures.

#### **Is this considered a cosmetic procedure or a medically necessary procedure?**

Designer Laser Vaginoplasty (DLV®) are considered elective, cosmetic procedures and are not covered by insurance.

#### **How long does the surgery take?**

The times will vary depending on whether one procedure is being performed or a combination of procedures. Generally 1-2 hours.

**How soon after the surgery can I return to work?**

Depending on the type of work you do, most women can return to work within in a week. Strenuous activity should be avoided for 4 to 6 weeks in some cases.

**When can I resume sexual intercourse?**

Generally this will be 6 weeks. The same is true for Tampon usage.

**Is this really painful surgery?**

As with all surgery there will be some discomfort. However the techniques of the surgery minimize the discomfort. Dr. Shu uses long acting local anesthetics that greatly reduce the amount of initial postoperative discomfort. Most women describe the pain as mild.

**I do not live in the Twin Cities. Can you make arrangements for out-of-town clients?**

My office can certainly accommodate your situation. Depending on the procedure and your travel distance you may need to plan for 2-4 days in the Twin Cities.

**Is this new?**

Great question! Traditional labiaplasty has been performed by some plastic physicians and gynecologists. In 1990, Dr. David Matlock combined the basic labiaplasty procedure with modern cosmetic surgical techniques and the improved healing power of the Laser to develop DLV. So the answer is no and yes.

**Are women who have not had children candidates?**

We are all different. Because of anatomical variation some women experience these problems without having had children. They are candidates for LVR/DLV also.

**What type of anesthesia is used?**

Dr. Shu uses the long lasting Pudendal nerve block with local anesthesia plus IV sedation.

**Can designer laser vaginoplasty® be combined with Laser Vaginal Rejuvenation®?**

Yes. Both procedures can be done at the same time as other cosmetic surgery.

**Can designer laser vaginoplasty® be combined with other cosmetic surgical procedures?**

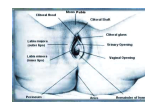
Yes, Dr. Shu can combine designer laser vaginoplasty with most cosmetic surgical procedures such as breast, face, eyelid, or tummy tuck surgery.

**My inner vaginal lips (labia minora) are too long. Can I have them reduced?**

The labia minora can be aesthetically sculptured to your specifications with laser reduction labioplasty.

**Do I have to be a patient of the practice to have any of these procedures?**

I am happy to offer these services to any woman who feels they would benefit from Designer Vaginoplasty.



The Laser Vaginal Rejuvenation Institute of Minnesota is founded and directed by Steven Shu, M.D, M.B.A.

Dr. Shu is one of few physicians in North America to have been personally trained by Dr. David Matlock at the Laser Vaginal Rejuvenation Institute of Los Angeles. Dr. Shu is the first physician to perform Laser Vaginal Rejuvenation® and Designer Laser Vaginoplasty® in Minnesota.

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