Labial hypertrophy and dyspareunia

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Abstract
Dyspareunia is one of the most common sexual disorders in women. One of causes of dyspareunia is labial hypertrophy. The treatment of patients with congenital asymetrial hypertrophy of the labia minora connected with dyspareunia is presented.

Key words: labial hypertrophy, operation-surgery, gynecology, sexuology

Case report
A patient, aged 18 years, 5 years after menarche, came to a gynecology and sexuology outpatient clinic because of a considerable discomfort during intimacy and pose problems with hygiene.

The gynecological and sexuological examination showed that the patient had regular painful sexual intercourses connected with asymmetrical labial hypertrophy.

There are good result after plastic operation – the surgical procedure of labial reduction (Fig. 1).

Discussion
Labial hypertrophy is congenital malformation with consequens for sexual life.

Dyspareunia is painful sexual intercourse, due to medical or psychological causes. The causes are often reversible, even when long-standing, but self-perpetuating pain is a factor after the original cause has been removed. Dyspareunia is considered to be primarily a physical, rather than an emotional, problem until proven otherwise. In most instances of dyspareunia, there is an original physical cause. One of dyspareunia causes is labial hypertrophy [1, 2].

In many cases women have large or uneven labia minora which cause problems with doing certain activities as well as wearing tighter fitting outfits. For many women large labia minora can be a source of discomfort and embarrassment and can even lead to problems in a woman’s sexual life. For women with this problem, the labia minora often protrude outward and over the labia majora (which are the outer lips of the vagina) [3, 4].

Abnormally large or asymmetrical labia minora (inner lips) can cause significant concern in women who may consider themselves physically deformed and unattractive. When the labia minora protrudes past the labia majora it becomes a difficult to hide protrusion in the genital area. Women often become very self-conscious and avoid wearing tight pants and swimwear. Occasional insensitive remarks by their partner further compounds the problem [4].

Enlarged labia minora is a condition that is medically referred to as labial hypertrophy. The surgical procedure of labial reduction goes by other names as well. Sometimes it is referred to as labia reduction, labiaplasty, female genital surgery, labial contouring, labial reshaping, and labia minora reduction. This is particularly a concern for young women who are often embarrassed and feel that they are abnormal looking and this can lead to tremendous insecurity and lack of self esteem when it comes to having a healthy and fulfilling sex life [5, 6].

Labia minora reduction or labia plasty is a procedure designed to reduce the size and correct any asymmetry of the inner lips. The procedure is done under general anesthesia and the recovery period is approximately 7 days. Scarring is minimal if any. Post surgical pain is minimal and well controlled with medication. Sexual activity should be avoided for 6 weeks [7].

Fig. 1. Good result after plastic operation – the surgical procedure of labial reduction
Conclusion
Labia minora reduction is a surgical procedure associated with a high degree of patient satisfaction.

References