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LABIAPLASTY: A RETROSPECTIVE AND PROSPECTIVE COHORT STUDY ASSESSING PROCEDURAL IMPACT

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Introduction

Female genital cosmetic surgery is a sub-speciality with rapidly increasing demand 1. Labiaplasty is the commonest procedure however systematic literature reviews demonstrate a limited scope of evidence for procedural efficacy 2. This mixed retrospective and prospective cohort study aims to evaluate the efficacy of labiaplasty, comparing 'Genital Appearance Satisfaction' (GAS) scores pre and post operatively. This is a validated questionnaire developed for assessing symptom change in women undergoing FGCS.

Results

This study was undertaken as a service evaluation so formal ethical approval was not required . Indications for requesting a labial reduction included cosmetic reasons, discomfort with clothing and exercise and embarrassment. 25 patients were valid for inclusion in analysis. The age range of patients included in this study was between 18 to 56. Pre and post questionnaire GAS scores were analysed utilising two factor ANOVA with replication. Questions regarding sexual function were analysed separately as not all patients had resumed sexual activity post operatively.

There was a significant improvement in overall scores post operatively ($F= 185.09$, $P= <0.001$, $N=25$). Analysis of sexual function as assessed by GAS also demonstrated a significant improvement ($F=114.07$, $P= <0.001$, $N=20$).

Conclusion

Labiaplasty results in a significant improvement on patients' perception of their genitalia as assessed by GAS score pre and post operatively. Further data collection is required to fully quantify the impact of labiaplasty on patient's quality of life and further explore whether the initial rationale behind surgery impacts upon outcomes.

References:

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