



Inner confidence

VAGINAL REJUVENATION IS OFTEN MISUNDERSTOOD AS PURELY AESTHETIC, BUT ADELAIDE PELVIC RECONSTRUCTIVE SURGEON DR OSEKA ONUMA EXPLAINS HOW SURGERY DOWN BELOW CAN IMPROVE A WOMAN'S LIFE.

Sexual health has a massive influence over women's mental health and psychological wellbeing. Even though it is not so openly discussed in mainstream media, or even between friends, genital surgery can often help alleviate pain and improve quality of life for many women.

Questions surrounding the appearance and function of the vagina and urinary system can plague women of all ages, yet talking openly about these concerns can be challenging. A blanket of taboo means there is a lack of open and honest public dialogue that makes it difficult for some women to seek successful treatment – or even know there are treatment options available.

Adelaide gynaecologist and pelvic reconstructive surgeon Dr Oseka Onuma believes vaginal rejuvenation has been misrepresented in mainstream media and, partly because of this, women receive little support in making a decision that may be necessary to ease discomfort or improve self-confidence.

'The number of women patronised by mainstream media and even by some members of the medical

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VAGINAL REJUVENATION FOR SEXUAL DYSFUNCTION

WHAT ARE THE OPTIONS?

Some women suffer from a lack of sexual pleasure due to significant vaginal laxity, offhandedly referred to as a ‘loose vagina’. This is often a direct result of childbirth and can deeply impact upon relationships and women’s overall mental well-being. These days women don’t have to put up with sexual dysfunction, surgical and non-surgical procedures can help.

“Surgery for female sexual dysfunction should only be contemplated when a physical cause for that dysfunction has been clearly identified,” stresses Dr Onuma.

There is a range of surgical and non-surgical options available that can address and hopefully resolve these problems. For example both surgical or laser reduction labioplasty can sculpt the elongated or unequal labial minora as desired. The vulvar structures (including the labia minora, labia majora, mons pubis, perineum, entrance to the vagina and hymen) can be surgically enhanced, both functionally and aesthetically.

Non-surgical laser vaginal rejuvenation can effectively enhance vaginal muscle tone, strength and control. For example a non-surgical treatment can be used to treat prolapse and/or relaxation of the vaginal walls, which results in dyspareunia or reduced sensation.

“Female sexual dysfunction is complex and does not always imply abnormality. Affected women should seek help – women should never accept that it’s “just part of being a woman”,’ Dr Onuma concludes.



community when seeking help is disappointing,’ he says. ‘The majority of my patients seeking vaginal rejuvenation are not motivated by the aesthetic, but a growing dislike of pain during intercourse or discomfort when participating in everyday activities.’

‘I believe in empowering women through knowledge, choice and access to world-class care,’ he continues. ‘Many people say “it’s all part of being a woman” and “just put up with it”, but why should you, when you have options?’

Oversized, elongated or asymmetrical labia minora can also lead to aesthetic concerns and self-consciousness. It can cause discomfort during sex and hinder certain activities such as bike riding and horse riding, and often makes wearing certain clothes such as swimwear, jeans or tights uncomfortable.

‘Genital surgery can increase a woman’s confidence in herself and her relationships,’ Dr Onuma explains. ‘Women may not find it easy to talk to strangers, doctors or friends about a loose vagina, labial discomfort or lack of vaginal sensation but these issues need to be raised and explored in order to provide the options for improving quality of life.’

‘Some women live with the discomfort of oversized labia for many years, and often when they come to see me for a labiaplasty they have only recently become aware they can have something done to improve the situation,’ he says.

In some cases, functional and cosmetic concerns go hand-in-hand in genital surgery. The shape and anatomy of genitalia is unique to every woman and the effects of child bearing and age can take their toll on some women more than others.

Many women suffer problems with their genitalia after childbirth that can contribute to feelings of self-consciousness and affect their relationship with sexual partners. ‘With childbirth, the shape and tone of vaginal tissue changes, sometimes results in embarrassment or loss of sexual satisfaction,’ Dr Onuma says. ‘After childbirth, there can sometimes be a reduced ability to contract the vaginal walls and a feeling of “looseness” or reduced sensation during intercourse.’

‘Each patient will have different motivations, concerns and expectations in seeking genital surgery,’ Dr Onuma explains. ‘It is important to listen to the concerns of the individual patient, assess them with appropriate examinations and offer a series of potential solutions.’

There are a number of options available, both surgical and non-surgical, to address these problems. Taking action can help restore self-confidence, boost self-image and improve quality of life. **csbm**

The Australian Centre for Female
Pelvic & Vaginal Rejuvenation



EMPOWERING WOMEN THROUGH
KNOWLEDGE, CHOICE AND ACCESS
TO WORLD CLASS CARE

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