ADVICE

Aesthetic gynaecology: beauty, comfort and self-confidence

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Childbirth, hormones and age change not only how the intimate area looks but also how it feels. We explain which methods aesthetic gynaecology offers, who they may suit and why the starting point is a doctor, not a procedure.

Aesthetic gynaecology is a modern field of medicine that combines aesthetic, functional and intimate reconstructive methods. Its aim is not to make the body fit a standard but to improve a woman's quality of life.

A woman's body changes throughout her life. Pregnancy and childbirth, hormonal fluctuations, age, genetics and natural ageing can affect not only the appearance of the intimate area but also how it functions.

Sometimes these changes bring dryness, reduced sensitivity, a feeling of stretched tissue, pain during intimacy or a lack of confidence in one's own body. Modern gynaecology offers individual solutions that help women look after their intimate health and comfort.

What aesthetic gynaecology covers

Today there are many methods for working with the different anatomical and functional features of the intimate area.

Labiaplasty

Surgical correction of the labia minora or labia majora. It may be recommended when anatomical features cause chafing or discomfort during physical activity, when wearing clothes or during intimacy. The patient's aesthetic wishes are taken into account too.

Intimate contouring

Injection techniques using hyaluronic acid fillers. Depending on the indications, they are used to correct the volume of the labia majora, restore tissue and improve its appearance.

Exosome technologies

Regenerative technologies are attracting growing attention. Exosomes are being studied as possible regulators of cell-to-cell communication and tissue repair. Their use in aesthetic gynaecology, however, still needs further clinical research: the effectiveness of a specific product cannot be considered proven simply on the basis of how it is supposed to work.

Perineal correction and pelvic floor restoration

After childbirth or with age, support for the pelvic organs can weaken, the perineal tissues can stretch and the pelvic floor muscles can lose tone. Depending on the problem, rehabilitation, physiotherapy and surgical methods are used — including thread perineoplasty.

Lightening of the intimate area

Pigmentation of the intimate area is usually a natural anatomical feature. If it bothers a woman, gentle cosmetic techniques can be considered after a consultation with a doctor. It is important to rule out skin conditions first and not to use harsh lightening products.

P therapy (plasma therapy)

A regenerative medicine technique that uses the patient's own blood plasma enriched with platelets. It contains growth factors and biologically active substances involved in the natural repair of tissue. In gynaecology, PRP is being studied and used as an additional approach to the tissues of the intimate area, according to individual indications.

Who it may be relevant for

It is worth seeing a gynaecologist about this if you are concerned about:

- changes in the appearance of the intimate area;
- discomfort during physical activity;
- age-related changes in the tissues;
- the after-effects of pregnancy and childbirth;
- dryness and atrophic changes;
- discomfort during intimacy;
- changes in the perineal tissues;
- individual anatomical features.

Why choose a doctor, not a procedure

Aesthetic gynaecology is medicine first, not just cosmetology.

Before any intervention, the doctor holds a consultation: assesses the anatomy and the condition of the mucous membranes, rules out contraindications and, together with the patient, sets realistic expectations of the procedure.

There is no single method that suits every woman. What makes sense in one situation may be entirely unnecessary in another. That is why the guiding principles are an individual approach, safety and an evidence-based method.

Women’s health is more than the absence of disease

We are used to talking about gynaecology in terms of prevention, diagnosis and treatment. But comfort, sexual health, confidence in one’s own body and psychological wellbeing are just as important to quality of life.

Aesthetic gynaecology should not impose beauty standards or persuade a woman that something is wrong with her body. Its job is to help find a medically sound solution when a woman herself needs one.

In modern gynaecology there is no place for shame or awkward questions. There is a place for care, professionalism, tact and respect for every woman.

You can discuss your situation at a consultation with a gynaecologist at Ekstramed in Ivano-Frankivsk. To book, call one of the numbers in the contacts section.

This article is for information only and does not replace a consultation with a doctor. Whether an intervention is appropriate, and which method, is decided by a doctor after an examination.