



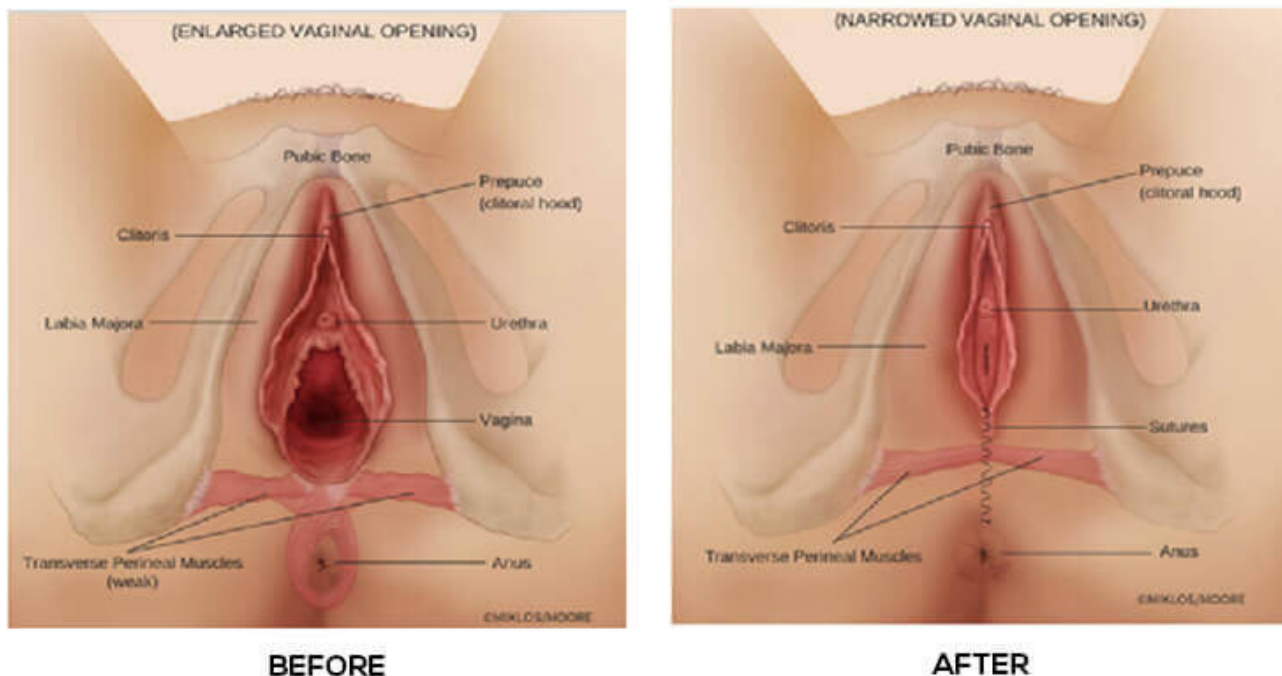
Gynaecare
Mr David Ogutu

The Benefits of Vaginal Tightening



The benefits of vaginal tightening

Here we explain the safest and most effective ways to tighten the vagina and the benefits it can bring.



Why would you need vaginal tightening?

Age and childbirth take their toll on a woman's body, and the vagina goes through major changes when she gives birth or enters menopause. The muscles or connective tissue are damaged, they weaken and lose strength with the result that many women find that their vagina feels lax or loose. The appearance of her vagina can also change.

Other problems include dryness, painful sex or loss of sensation during sex. Urinary incontinence can also be a problem for some women.

The options for vaginal tightening procedures

The main options include surgical and non-surgical treatments but there are many treatments marketed at women that are bogus and unproven. In this blog we will only cover safe, effective medically proven treatments offered by appropriately qualified gynaecologists.

Vaginoplasty

Vaginoplasty is a surgical procedure used to tighten lax muscles and tissues, removing excess vaginal canal skin, resulting in a tighter vaginal opening and canal. It is most effective when it uses the latest laser technology and sutures because the cosmetic and functional results are significantly better than traditional techniques.

It is an invasive procedure and should only ever be undertaken after a detailed consultation with a gynaecologist/urogynaecologist to understand the problems and determine your desired results. Sometimes for optimal results, vaginoplasty is combined with stem cell vaginal rejuvenation – see below. Recovery takes 6-8 weeks.

Laser vaginal rejuvenation

Laser vaginal rejuvenation is a non-surgical procedure to restore and improve vaginal tissue quality and function. Vaginal tissue is supported by collagen - the same tissue that supports the skin in the rest of the body - which is why so many anti-ageing facial creams include collagen. As the body ages and especially following childbirth, collagen tissue quantity and strength are lost.

The laser stimulates the growth of collagen tissue and repairs vaginal laxity by tightening the vaginal canal. It can resolve problems like urinary incontinence, vaginal dryness, recurrent vaginal infections, painful intercourse, and recurrent urinary tract infections, in addition to improving sexual experience and the cosmetic appearance of the vagina. It can be done in the clinic as an outpatient and the procedure takes 15-20 minutes to complete, after which patients should feel a difference after one treatment session.

Stem cell vaginal rejuvenation

Vaginal stem cell rejuvenation uses stem cells derived from the woman's blood sample. The blood is processed and the stem cells derived from the processing are then transferred into the vaginal skin tissue. The stem cells stimulate new growth to replace the lost collagen tissue.

This is a quick safe treatment and the use of the patient's own blood makes it low-risk with minimal discomfort to the patient. A local anaesthetic is usually only necessary but if it is combined with other treatments, a mild sedative might be offered.

The benefits include increased vaginal elasticity, improved function and appearance, as well as reduced vaginal dryness which will mean fewer recurrent vaginal infections.

As mentioned above, combining stem cell rejuvenation with non-surgical laser technology can produce optimal results for restoring vaginal tissue quality, function and appearance. It helps to treat the same issues outlined above and is quick and simple to complete.

Choosing the best vaginal tightening procedure

With so many unproven treatments marketed at women, and not all of them backed up with scientific studies or evidence, it is important that you make the right choice. Find a practice that will support you to understand what you need, what you want to achieve, and whether the treatment you want will help you do that.





Talk to Gynaecare

Gynaecare's lead clinician, Mr David Ogutu is a consultant gynaecologist and a world-renowned expert in his field. He is an accredited senior member of the European Society of Aesthetic Gynaecologists (ESAGS) – one of only a few accredited practices providing a holistic service for optimal cosmetic and functional results.

Mr Ogutu offers his patients many types of cosmetic gynaecology treatments, surgical and non-surgical, using the latest technology and techniques. This, combined with his reproductive and gynaecological medical expertise, means he is a safe option for any woman considering vaginal tightening treatment.

Gynaecare spends time with patients answering their questions and encouraging them to be better informed about the procedures they are interested in before deciding on a course of action. So please get in touch if you would like to find out more.



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