

# COSMETIC GYN

Michael  
Tahery MD

Dr. Michael Tahery

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**BE A MORE  
CONFIDENT  
YOU**

# ABOUT

We offer a wide range of cosmetic gynecology treatments specifically designed to return function to the pelvic organs, restore confidence in the appearance of sexual organs, and revive your relationships in the process. Whether your concerns are aesthetic or functional in nature, we offer the latest, most advanced procedures to address your unique needs, including, minimally invasive vaginal rejuvenation and Platelet-Rich Plasma (PRP) procedures.

Dr. Michael Tahery is a Board-Certified OB-GYN with sub-specialty training in Urogynecology and Advanced Minimally Invasive Surgery. He has more than 21 years of experience and has performed more than a thousand surgical procedures making him the most qualified specialist to perform cosmetic gynecologic procedures. Dr. Tahery regularly teaches his unique surgical techniques to practicing physicians and doctors studying to become a specialist. His treatment options are designed to correct genital problems resulting from hormonal changes, age, or childbirth. Backed by thousands of happy patients, we are pleased to provide you with the best care whether it's functional, cosmetic or both, to restore intimacy, aesthetics and overall health.



# COSMETIC GYNECOLOGY

Cosmetic Gynecology refers to procedures that aim to improve either the physical appearance and function of the vagina and labia. These goals are accomplished simultaneously through procedures designed and performed by Dr Tahery. The goal of cosmetic gynecology is to improve the enjoyment of sexual activity, while also restoring the genital area to make it appear more youthful.

Along with cosmetic enhancement, functional problems from the surrounding organs can be corrected as well. Complaints of bladder and rectal prolapse, stool and urine control issues, as well as uterine prolapse can be corrected while extreme attention to cosmetic outcome is given.

What differentiates us is our excellence in addressing the cosmetic and functional issues at the same time.

## LASER PROCEDURES

Laser technology which uses radio-frequency energy is used in a number of cosmetic gynecology procedures to tighten, boost blood flow and strengthening of the pelvic floor. Laser procedures have certain advantages such as being virtually painless, minimal side effects, no downtime and most of the laser treatments take less than 15 minutes.

## PLATELET-RICH PLASMA (PRP)

Platelet rich plasma (PRP) is an innovative treatment designed to stimulate cellular regeneration, neovascularization, and healthy cell formation. It can be applied after laser treatment for vaginal atrophy(thin vaginal mucosa), Injected into vulva skin for lichen sclerosis,Injected into the vagina for treatment of scarring, vaginal atrophy,uterovaginal prolapse, or urinary incontinence

## OUR COSMETIC PROCEDURES

- Labiaplasty
- Vaginal Rejuvenation
- Vaginal Tightening
- Hymenoplasty
- Vaginoplasty
- Clitoral Hood Reduction
- Perineoplasty

# LABIAPLASTY

Labiaplasty is a cosmetic genital surgical procedure that reduces the size or change the shape of the small lips on the outside of the vagina which are also known as the labia minora. Many women are born with large or irregular labia while other women develop enlarged or uneven labia after childbirth or with aging. The appearance of an enlarged or uneven labia can cause discomfort when wearing tight fitting clothes or embarrassment with a sexual partner which can lead to loss of self esteem. Some women just want to look “prettier” like the women they see in magazines or infilms.

It is also common for women to want to remove the darker skin of the labia minora, giving it a lighter and more youthful appearance. There are several techniques that can be used for the labiaplasty procedure such as the Trim Method, De-epithelialization, Labia Majora Labiaplasty and Laser labiaplasty.

## LABIAPLASTY CANDIDATES

- Experience physical discomfort while sitting
- Experience physical discomfort while exercising
- Experience physical discomfort while having sex
- Are self-conscious due to labial size or appearance
- Have labial tears resulting from childbirth
- Experience discomfort or bulges with tight fitting clothes

## THE PROCEDURE

Labiaplasty is a same-day procedure that is usually performed under local anesthesia. The entire procedure usually takes 30-45 min To complete but each case is different and dependent on the level of correction needed. On average it takes about 2 to 3 days for most patients to get back to their normal daily activities such as going to work with restrictions on activities such as exercising and sexualintercourse. Full recovery can be expected in 4 to 6 weeks.

## BEFORE & AFTER



# VAGINAL REJUVENATION

Vaginal Rejuvenation refers to non-surgical and surgical procedures that restore the vaginal anatomy to a more youthful look, feel and function. Vaginal rejuvenation treatment is not purely aesthetic even though it can greatly improve the appearance of the external genitalia, making it look more youthful, it's just as useful for functionality reasons.

By increasing vaginal tightness and lubrication, vaginal rejuvenation treatments greatly improve sexual satisfaction. Dr. Michael Tahery specializes in vaginal rejuvenation treatments intended to stimulate the growth of new healthier and more sensitive vaginal tissue.

## VAGINAL REJUVENATION CANDIDATES

- Experience impaired sexual function
- Experience vaginal laxity
- Experience urinary incontinence
- Experience discoloration or change of shape of the vagina
- Experience vaginal dryness and burning
- Experience recurrent urinary tract infections
- Are usually women that have experienced childbirth or gone through menopause

## EXPECTED RESULTS

- Relieves symptoms of vaginal dryness, laxity and atrophy
- Revitalizes the appearance and feel of the vagina
- Improves sexual gratification
- Improves overall confidence

## THE PROCEDURES

Since vaginal Rejuvenation is a combination of multiple procedures and treatments, various procedures and techniques such as lasers, Platelet rich plasma (PRP) and hormone therapy can be used to achieve the desired results. Vaginal Rejuvenation is an outpatient procedure performed under local anesthesia and can take 30 minutes to 2 hours depending on the procedure or number of procedures being performed. The majority of patients are able to get back to their daily routines such as work almost immediately but will have to wait for 4 to 6 weeks to engage in strenuous activities or sexual activity.

# VAGINAL TIGHTENING

Vaginal Tightening refers to procedures that are performed with the aim of tightening the vagina. Vaginal looseness is most commonly as a result of trauma from a vaginal delivery or stretched vaginal tissue and weak pelvic floor muscles due to chronic conditions, such as constipation or as women age. There may be no symptoms except for looseness of the vagina during intercourse and dissatisfaction with intimacy.

A full evaluation of the vagina and pelvis can identify all the possible defects resulting in the woman's complaint and a plan of treatment can then be designed to achieve the desired tightness and function. Surgical and non-surgical vaginal tightening procedures can be used for vaginal tightening depending on the cause or severity of the vaginal looseness and laxity.

## VAGINAL TIGHTENING CANDIDATES

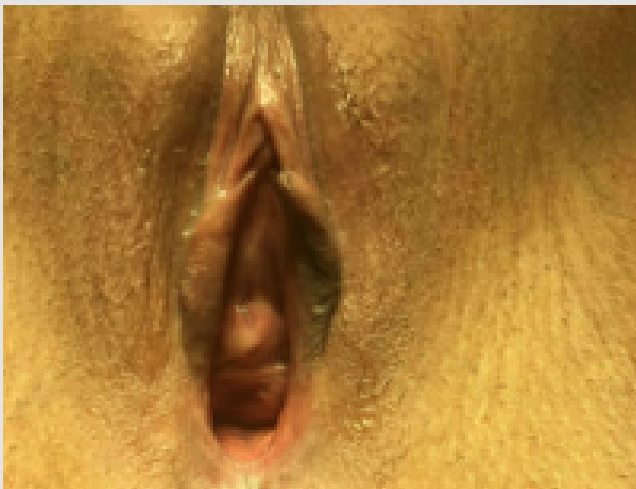
Any woman that is experiencing negative changes in their personal life due to weak vaginal muscles is a good candidate of Vaginal Tightening. Women usually experience one or more of the following symptoms before getting a vaginal tightening procedure:

- Decrease in erotic sensation
- Vaginal laxity
- Vaginal dryness
- Pain during intercourse

## THE PROCEDURE

Non-surgical procedures use radiofrequency to help in tissue and nerve healing. Non-Surgical procedures usually take 12- 20 minutes and women can resume regular activities such as sex the same day. Surgical procedures are used in cases where there is severe looseness and it involves the tightening of stretched or loosened muscles at the back of the vagina, the removal of excess tissue, and the rejoining of tissue to reduce the diameter of the vagina. This is an outpatient procedure that usually 60-120 minutes and a week is needed for full recovery.

## BEFORE & AFTER



# HYMENOPLASTY

Hymenoplasty also known as hymen repair is a surgical procedure that helps reconstruct the skin membrane that covers the opening of the vagina known as the hymen, which is shaped like a ring and made of fibrous and elastic tissue. When the hymen tears bleeding can occur. That generally happens during the first intercourse.

We are sensitive to the needs of women from all cultures and we embrace these particular issues based on cultural, social, or religious reasons. We understand the discreet nature of the need for this type of surgery and, as always, all information will remain strictly confidential. We offer a sensitive, professional approach to the procedure, and during the initial consultation, there will be a female nurse present to help our patients feel more comfortable and secure.

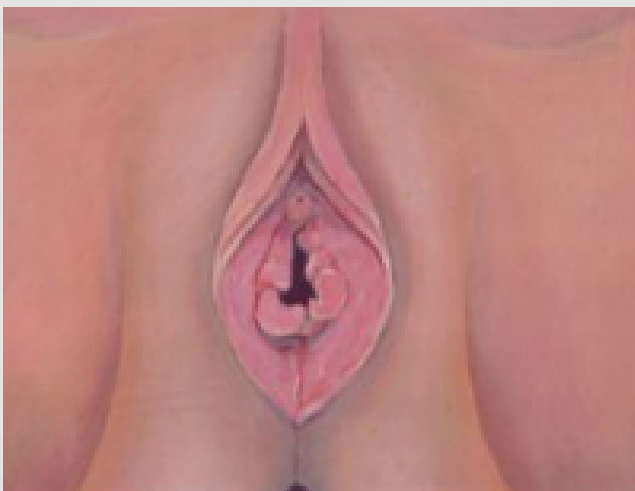
## HYMENOPLASTY CANDIDATES

Any woman can be a candidate for hymenoplasty if they have a desire to have their hymen intact again for nearly any reason, the most common of which being restored physical virginity. To have reconstructive surgery on their hymen, women must typically be in good health and at least 18 years of age.

## THE PROCEDURE

Most procedures are performed under local anesthesia since this procedure could take less than 30 minutes to complete. Whenever possible, the remains of the actual hymen are used to reconstruct a new one. This type of tissue grows quickly, and in some women, it may even have restored blood flow after the surgery. In other situations, tissue from another part of the patient's body is utilized. Patients may be able to return home a couple of hours after their surgery, barring any complications. They may be instructed to rest and not participate in vigorous activities for approximately one week to help with the recovery.

## BEFORE & AFTER



# CLITORAL HOOD REDUCTION

Clitoral hood reduction is a surgical procedure designed to reduce the redundant skin and subcutaneous tissue, including the prepuce if indicated, to make the hood of the clitoris more normal in look and function. The clitoral hood may protrude too much causing the woman to be self-conscious or irritated. The protruding hood and clitoris causes a bulge in women's clothing or the appearance of a small penis. In order to achieve synchrony, many women also desire clitoral hood reduction to be in balance with smaller labia minora.

Apart from the redundant clitoral hood often causing aesthetic concerns, it can also interfere with sexual function. The redundant clitoral hood makes direct stimulation of the clitoris difficult and decreases sexual excitation and orgasmic response. The clitoral hood reduction can be done alone or in combination with other procedures such as labiaplasty.

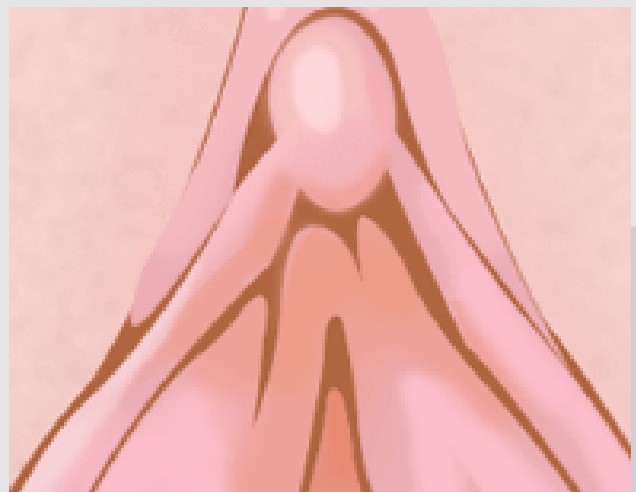
## CLITORAL HOOD REDUCTION CANDIDATES

- Feel self-conscious that your clitoral hood skin is too long or large
- Have difficulty cleaning and maintaining hygiene because of a long clitoral hood
- Feel that the clitoral hood interferes with sexual stimulation
- Suffer from a medical condition, such as clitoromegaly or congenital adrenal hyperplasia

## THE PROCEDURE

Clitoral hood reduction is a fairly simple procedure. If done on its own, it can be performed under local anesthesia. However, patients often undergo clitoral hood reduction and labiaplasty simultaneously. In these cases general anesthesia will be administered. The doctor will carefully and precisely remove a small amount of tissue to reduce the size of the hood. The clitoris or any nerve endings are not touched, so there will be no loss of sensation or nerve damage. You will be required to rest for a few days after the procedure

## BEFORE & AFTER



**Book An  
Appointment  
Now**

**(818) 265-9499**

## **CONTACT US FOR A CONSULTATION**

### **WEST LOS ANGELES**

10884 Santa Monica Blvd., Suite  
#400 Los Angeles, CA 90025  
(310) 446-4440

### **GLENDALE**

503 N. Central Ave., Suite #200  
Glendale, CA 91203  
(818) 265-9499