

Ankur Urja: Pioneering Center in Female Genital Cosmetology and Restorative Medicine

Why Genital Cosmetology in Women is Needed:

Aesthetic Concerns:

Many women seek genital cosmetology to address discomfort or dissatisfaction with the appearance of their genitalia. This can include concerns about size, shape, symmetry, or excess skin.

Functional Benefits:

Certain procedures can improve sexual function and comfort. For example, vaginal tightening procedures (vaginoplasty) can address vaginal laxity that may occur after childbirth or with aging, enhancing sexual satisfaction and reducing discomfort.

Psychological Well-being:

Feeling confident and satisfied with one's body can positively impact self-esteem and overall psychological well-being. Addressing genital aesthetic concerns can contribute to a healthier body image.

Medical Necessity:

In some cases, genital cosmetology procedures are medically necessary. For instance, excessive labial tissue (labial hypertrophy) can cause physical discomfort during activities like exercise or sexual intercourse, and surgical reduction (labiaplasty) may alleviate these symptoms.

Consequences of Not Addressing the Need for Genital Cosmetology:

Physical Discomfort:

Conditions such as labial hypertrophy or vaginal laxity can lead to physical discomfort during daily activities, exercise, or sexual intercourse.

Psychological Impact:

Persistent dissatisfaction with genital appearance or discomfort can negatively impact mental health, contributing to feelings of self-consciousness, anxiety, or diminished sexual confidence.

Sexual Function:

Issues like vaginal laxity or clitoral hood redundancy may affect sexual function, potentially reducing sexual pleasure and satisfaction.

Quality of Life:

Unaddressed genital aesthetic concerns or functional issues can impact overall quality of life, including relationships and daily activities.

Risk of Complications:

Attempting alternative or unregulated treatments may pose risks of complications, infection, or unsatisfactory outcomes. Seeking qualified medical professionals ensures safety and effective results.

In conclusion, genital cosmetology in women serves not only aesthetic but also functional and psychological purposes. Addressing these needs with qualified professionals ensures safety, satisfaction, and an improved overall quality of life.

Scientific Information and Procedures:

1. Skin Tags Removal:

- o **Procedure:** Utilizes cryotherapy or surgical excision to remove benign skin tags in the genital area.
- o **Purpose:** Improves comfort and aesthetics; some skin tags may cause irritation or discomfort during physical activities.

2. Labial Refashioning / Reduction:

- o **Procedure:** Surgical techniques reshape or reduce the size of the labia minora.
- o **Scientific Basis:** Variations in labial size and shape are natural, but some women may experience discomfort or dissatisfaction due to enlarged or asymmetrical labia.

3. Clitoral Enhancement and Orgasm Improvement Techniques:

- o **Procedure:** Options include clitoral hood reduction or injections (e.g., hyaluronic acid) to enhance sensitivity.
- o **Scientific Basis:** Enhanced clitoral sensitivity can potentially improve sexual pleasure and orgasmic response in women experiencing diminished sensation.

4. Vaginal Tightening and Refashioning:

- o **Procedure:** Vaginoplasty or laser treatments to tighten vaginal muscles and tissues.
- o **Scientific Basis:** Pregnancy, aging, or childbirth can lead to vaginal laxity, impacting sexual satisfaction and urinary control. Vaginal tightening procedures aim to restore tone and sensation.

5. Better Sexual Experience:

- o **Approaches:** Comprehensive care addressing factors like arousal, lubrication, and orgasmic function.
- o **Scientific Basis:** Various factors, including hormonal changes, medical conditions, or anatomical variations, can affect sexual function. Tailored interventions aim to improve overall sexual well-being.

6. Suprapubic Fat Removal:

- o **Procedure:** Surgical or non-surgical methods to reduce excess fat deposits above the pubic area.
- o **Scientific Basis:** Excess fat accumulation can alter body contour and affect self-esteem. Removal procedures aim to enhance aesthetic appearance and body proportion.

7. Thigh Fat Removal:

- o **Procedure:** Liposuction techniques to remove excess fat from the thighs.

- o **Scientific Basis:** Stubborn fat deposits in the thighs can be resistant to diet and exercise. Removal improves body contour and may alleviate discomfort or self-consciousness.
- 8. **Thigh Dark Spots Removal:**
 - o **Treatment:** Laser therapy or topical treatments to reduce hyperpigmentation on the thighs.
 - o **Scientific Basis:** Hyperpigmentation can result from hormonal changes, inflammation, or genetics. Treatment aims to improve skin tone and texture.

Advanced Technology at Ankur Urja:

Ankur Urja integrates cutting-edge technology and scientific expertise to ensure precise and effective treatments:

- **Regenerative Medicine:** Utilizes stem cell therapy and platelet-rich plasma (PRP) treatments for tissue regeneration and accelerated healing.
- **Advanced Laser Technology:** State-of-the-art lasers ensure precise treatment in vaginal rejuvenation, skin rejuvenation, and hyperpigmentation removal.
- **3D Imaging and Simulation:** Computer-assisted technology for visualizing treatment outcomes and customizing surgical plans, ensuring optimal results.
- **Minimally Invasive Techniques:** Incorporates laparoscopic and robotic-assisted surgeries for minimal scarring and faster recovery.

At Ankur Urja, we offer free discreet counselling and advice to:

- **Educate:** Provide comprehensive information about procedures, benefits, and potential risks to empower informed decisions.
- **Understand:** Address concerns and goals in a confidential setting, ensuring each patient feels comfortable and supported.
- **Personalize:** Tailor treatment plans to individual needs, ensuring each patient receives personalized care and achieves desired outcomes.

Women's Genital Cosmetology and Sexual Health Self-Screening Questionnaire

Purpose:

This questionnaire helps women assess their genital health and identify any concerns related to labial irregularity, appearance, looseness, clitoral thinness, decreased sensation, loose vagina, inner thigh and supra pubic fat, dark patches, sexual dissatisfaction, and lack of orgasm. It also provides guidance on when to seek medical advice.

Genital Health Assessment:

1. **Labial Irregularity**
 - o Do you have concerns about the shape or symmetry of your labia?
 - No (0 points)
 - Yes, mildly (1 point)
 - Yes, significantly (2 points)
2. **Genital Appearance**
 - o Are you satisfied with the overall appearance of your genital area?

- Yes (0 points)
 - Somewhat (1 point)
 - No (2 points)
3. **Genital Looseness**
- o Do you feel that your genital area, including the vagina, is looser than desired?
 - No (0 points)
 - Yes, mildly (1 point)
 - Yes, significantly (2 points)
4. **Clitoral Thinness**
- o Do you have concerns about the size or thickness of your clitoris?
 - No (0 points)
 - Yes, mildly (1 point)
 - Yes, significantly (2 points)
5. **Decreased Sensation**
- o Have you experienced a decrease in genital sensation?
 - No (0 points)
 - Yes, occasionally (1 point)
 - Yes, frequently (2 points)
6. **Vaginal Looseness**
- o Do you feel that your vagina is looser than desired, affecting your sexual experience?
 - No (0 points)
 - Yes, mildly (1 point)
 - Yes, significantly (2 points)
7. **Inner Thigh and Supra Pubic Fat**
- o Do you have excess fat in your inner thigh or supra pubic area?
 - No (0 points)
 - Yes, mildly (1 point)
 - Yes, significantly (2 points)
8. **Dark Patches on Skin**
- o Have you noticed any dark patches or discoloration on your genital skin or inner thighs?
 - No (0 points)
 - Yes (1 point)

Sexual Satisfaction Assessment:

9. **Sexual Dissatisfaction**
- o Are you dissatisfied with your sexual experiences?
 - No (0 points)
 - Yes, occasionally (1 point)
 - Yes, frequently (2 points)
10. **Ability to Achieve Orgasm**
- o How often are you able to achieve orgasm during sexual activity?
 - Always or almost always (0 points)
 - Sometimes (1 point)
 - Rarely or never (2 points)
11. **Satisfaction with Orgasms**
- o Are you satisfied with the orgasms you achieve?
 - Yes (0 points)

- Somewhat (1 point)
- No (2 points)

General Health and Lifestyle:

12. Overall Health

- Are you generally healthy without any chronic illnesses or conditions?
 - Yes (0 points)
 - No, please specify (1 point)

13. Diet and Nutrition

- Do you maintain a balanced diet with adequate nutrients?
 - Yes (0 points)
 - Could be improved (1 point)
 - No (2 points)

14. Physical Activity

- Do you engage in regular physical activity and exercise?
 - Yes, regularly (0 points)
 - Occasionally (1 point)
 - No (2 points)

15. Sleep Patterns

- How many hours of sleep do you get on average per night?
 - More than 8 hours (0 points)
 - 6-8 hours (1 point)
 - Less than 6 hours (2 points)

16. Stress Levels

- Do you experience high levels of stress in your daily life?
 - No (0 points)
 - Yes (1 point)

Assessment and Recommendations:

Total Score: _____

Evaluation:

- **0-5 points:**
 - **Symptoms Impact:** Minimal concerns.
 - **Recommendations:** Maintain a healthy lifestyle and monitor any changes. No immediate medical attention required.
- **6-10 points:**
 - **Symptoms Impact:** Mild concerns.
 - **Recommendations:** Consider discussing concerns with a healthcare provider, especially if symptoms persist or worsen.
- **11-20 points:**
 - **Symptoms Impact:** Moderate concerns.
 - **Recommendations:** Schedule a consultation with a gynecologist or a specialist in sexual health to evaluate symptoms and discuss potential treatments.
- **21+ points:**
 - **Symptoms Impact:** Significant concerns.

- o **Recommendations:** Seek immediate consultation with a healthcare provider for a thorough evaluation and management plan.

Next Steps:

If you have any concerns about your genital or sexual health based on this questionnaire, we recommend scheduling a free counselling session with an Ankur Urja team member. Early monitoring and intervention can help ensure optimal genital and sexual well-being.