

Labiaplasty in El Paso: Cost, Recovery, Candidacy, and Results

Enlarged, uneven, or overhanging labia minora or labia majora can make you feel uncomfortable in your own body. Whether your irritation appears in clothing, during exercise, or with intimacy, labiaplasty can help reduce and reshape the labia for improved comfort, symmetry, and confidence. At Dr. G Plastic Surgery in El Paso, TX, Dr. Marco A. Gonzalez performs labiaplasty for patients who want to address discomfort, self-consciousness, or physical changes related to aging, childbirth, or natural anatomy. This blog will discuss what labiaplasty involves, how much it may cost, what recovery is like, who may be a candidate, and what you can expect from your results.

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What Is Labiaplasty?

[Labiaplasty](#) is a surgical procedure that reduces, reshapes, or improves the symmetry of the labia. Many patients choose this procedure because enlarged or uneven labial tissue can cause rubbing, pulling, irritation, or embarrassment.

You may notice discomfort when wearing tight pants, riding a bike, exercising, or engaging in intimate activities. You may also feel self-conscious about the general appearance of your labia. Labiaplasty focuses on creating a more comfortable and balanced shape while keeping your results natural to your body.

Dr. Gonzalez customizes the procedure based on your anatomy, concerns, and goals. His approach combines surgical precision with an artistic eye, with a focus on patient comfort, safety, and satisfaction.

Am I a Good Candidate for Labiaplasty in El Paso?

You may be a good candidate for labiaplasty if enlarged or uneven labia affect your daily comfort, confidence, or quality of life.

You may consider labiaplasty if you:

- Feel irritation from rubbing or friction
- Avoid certain clothing because of discomfort
- Feel pain or pulling during exercise
- Feel self-conscious during intimacy
- Notice asymmetry or excess labial tissue
- Want a more comfortable labial shape

Ideal candidates are also:

- In good overall health
- Willing to quit smoking before and after surgery
- Not planning future pregnancies
- Realistic about what surgery can accomplish

During your [consultation](#), Dr. Gonzales will examine your concerns, listen to your goals, and help you decide whether labiaplasty is a good fit for you.

What to Expect During Labiaplasty

A labiaplasty procedure usually takes one to three hours and is performed under general anesthesia. The most common labiaplasty techniques include:

- **Trim technique:** This technique removes excess tissue along the outer lips of the labia. It works best for patients who want length reduction, improved symmetry, or darker or irregular labial edges addressed.
- **Wedge technique:** This technique removes a small, V-shaped section of tissue while preserving the natural edge. This is best for patients who want to maintain the natural contour and texture of the labia.

During surgery, Dr. Gonzalez reshapes and sculpts the labia using techniques suited to your treatment plan. After reshaping, he closes the incisions and applies sterile dressings.

Your treatment plan may depend on:

- The amount of tissue being reduced
- The degree of asymmetry
- Your natural anatomy
- Your comfort concerns
- Your cosmetic goals

Labiaplasty Recovery

Recovery after labiaplasty requires patience, privacy, and close attention to your postoperative instructions. Most patients should expect swelling, bruising, and tenderness during the early stages of healing. You may also experience small amounts of discharge for up to four weeks.

Most patients feel comfortable returning to work and normal routines a few days after surgery. However, strenuous exercise and sexual activity should be avoided for four to six weeks or until cleared by Dr. Gonzalez.

Your recovery plan may also involve:

- Specific things to avoid according to your individual anatomy
- Wearing loose clothing during healing
- When to attend follow-up visits

Your final timeline depends on your procedure, healing response, and Dr. Gonzalez's instructions. Call the office if you notice severe pain, unusual discharge, increasing redness, fever, or any concern that does not feel normal.

Labiaplasty Cost in El Paso, TX

With Dr. Gonzalez, the average price for labiaplasty is around \$8,500. However, this only includes the surgeon's fee, as your final cost may vary depending on the specifics of the procedure.

Your total labiaplasty cost in El Paso may depend on:

- The complexity of your anatomy
- The amount of reshaping needed
- Surgical time
- Anesthesia

- Surgical facility fees
- Whether any additional care is needed

During your consultation, Dr. Gonzalez will provide a full cost breakdown and can discuss [flexible financing options](#) tailored to your needs and budget.

What Results Can I Expect After Labiaplasty?

Labiaplasty results are designed to improve comfort, balance, and confidence. You may feel less irritation in tight clothing, less discomfort during certain activities, and more ease with intimacy once healing is complete.

However, your final results will not appear right away. Swelling can temporarily affect the appearance of the area. As healing continues, the tissue should settle, and your final shape will become clearer over the next six months.

Results vary from patient to patient. Your anatomy, healing process, and postoperative care can all affect your outcome.

Why Dr. Gonzales Is a Top Labiaplasty Surgeon in El Paso

Given the labia's sensitivity, labiaplasty requires technical skill, careful planning, and a respectful patient experience. The goal is not just to remove tissue, but also to improve comfort and shape while protecting the area's natural function and appearance.

[Dr. Marco A. Gonzalez](#), affectionately known to his patients as Dr. G, is a board-certified plastic surgeon specializing in contouring and reconstruction. With over 20 years of medical education, training, and experience, he provides patients in El Paso and surrounding Texas communities with advanced contouring techniques designed to achieve natural-looking results. His philosophy blends art, science, and the highest standards of safety and comfort for each patient.

Under the care of Dr. Gonzalez and his team of experienced surgical experts, you can expect treatment planning tailored to your needs and a warm, compassionate approach that helps you feel supported throughout the process.

Labiaplasty FAQs

How much does labiaplasty plastic surgery cost in El Paso?

Labiaplasty with Dr. Gonzalez starts at \$8,500, which includes the doctor's fee. Your final price may vary based on the details of your procedure, and Dr. Gonzalez will provide a personalized cost breakdown during your consultation.

How long does labiaplasty recovery take?

Patients should expect varying degrees of bruising, swelling, and discharge for three to four weeks. Strenuous exercise must be avoided for around four to six weeks or until cleared by Dr. Gonzalez.

Does labiaplasty help with discomfort?

Labiaplasty is an effective treatment if enlarged or uneven labia cause irritation during physical activity, tight clothing, sports, or sexual intercourse.

Will my labiaplasty cosmetic surgery results look natural?

Dr. Gonzalez customizes labiaplasty based on your anatomy and treatment plan. He emphasizes surgical precision, artistry, and customized care, which helps support results that fit your body.

When can I have sex after labiaplasty?

You should wait until Dr. Gonzalez clears you. Patients can then resume sexual activity after they are fully healed.

Schedule a Labiaplasty Consultation in El Paso, TX

If enlarged or uneven labia are affecting your comfort, self-esteem, or daily life, labiaplasty can help you achieve vaginal rejuvenation and feel more confident in your own body. During a personalized consultation with Dr. Gonzalez, you can expect a thoughtful evaluation, clear answers to your questions, and a detailed discussion about your cost, recovery, and expected results.

To learn more about labiaplasty in El Paso, call Dr. G Plastic Surgery at [\(915\) 600-2639](tel:9156002639) or complete the [online contact form](#) to schedule your consultation with Dr. Gonzalez and his team.