

Tab 1

CS KP: Labiaplasty in Windermere

Labiaplasty: Reclaim Your Intimates With Ease



While labia shapes and sizes naturally vary, and even change over time, certain shapes can cause physical discomfort, insecurity, or both. Fortunately, reliable options exist for those seeking to reshape their labia. Whether you want to reconnect with your partner or your favorite jeans, a [labiaplasty in Windermere](#) can be life-changing.

At [Horizons OBGYN & Aesthetics](#), we specialize in women's care, blending surgical solutions with advanced aesthetic treatments to achieve your unique goals. With over 30 years of combined experience in the medical field, our team has the knowledge and dedication that you deserve.

To discover if a labiaplasty could restore your comfort and confidence, learn about the procedure, results, and other details [here](#).

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What is a labiaplasty?

A [labiaplasty](#) reshapes and resizes the tissues of the labia minora and majora, using surgical techniques to achieve a patient's individual goals.

Reasons to Seek a Labiaplasty

Regardless of why you want to learn more about labiaplasty, we recognize the vulnerability it takes to seek help. A woman might seek a labiaplasty for many reasons, such as:

- To achieve an aesthetic preference.
- To resolve an injury, surgical accident, muscular atrophy, regular infections, or another medical concern.
- To remedy a genetic abnormality.
- To decrease discomfort or improve sensation during intercourse.

Impact of Pregnancy on Your Labia

As an OBGYN, we see many women seeking a labiaplasty after significant body changes from pregnancy and childbirth. These patients often combine their labiaplasty in [Windermere](#) with a vaginoplasty to achieve optimal intimate rejuvenation.

Though pregnancy changes your body and your life in many incredible ways, it can also bring about changes that diminish your comfort or self-confidence. During pregnancy, you undergo hormonal fluctuations that optimize your anatomy for childbirth.

This hormonal process can cause swelling, softening, and stretching in the tissues that form your labia. The overstretching of this area often leads to permanent changes in its appearance and firmness.

As specialists in this field, we know a labiaplasty can treat this condition and restore your comfort and confidence postpartum. At Horizons OBGYN & Aesthetics, we take on these challenges passionately for our patients.

Labiaplasty Procedure

Labiaplasty may focus on reduction, reshaping, or a combination of both. There are 2 primary surgical methods for labiaplasty. Dr. Manny will determine the best approach for you during a pre-operative appointment.

Linear Resection: Your surgeon makes an incision, either straight or curved, along the outer edge of the labia minora and trims away extra tissue. Absorbable sutures close the area.

V-Wedge Resection: Your surgeon makes a V-shaped incision and removes a section of tissue, and then they use sutures to close the edges.

With a skilled surgeon like Dr. Manny, both methods can minimize nerve damage and provide excellent benefits. To further refine your results, we can add a clitoral hood reduction to your labiaplasty procedure to reduce excess tissue there or correct any fusion issues.



Labiaplasty Treatment Process

When you visit Horizons OBGYN & Aesthetics for a [labiaplasty in Windermere](#), we begin with a consultation before planning your procedure.

Consultation for Labiaplasty

Upon [booking an appointment](#), all first-time patients receive an initial consultation. For this conversation, you meet with one of our experienced providers to review your medical and family history and discuss your specific concerns and treatment goals.

If we choose a labiaplasty to meet your needs, your provider will review the surgical process, post-operative recovery, and what outcomes you can expect. Before scheduling your surgery, Dr. Manny Herrera, our board-certified OBGYN and fellowship-trained aesthetic surgeon, will examine you to ensure a labiaplasty can achieve the results you desire.

Pre-Operative Appointment

About a week before your surgery, we'll schedule an appointment to discuss your pre- and post-operative care. During this conversation, we thoroughly review your at-home care and recovery, allowing time for any questions you might have.

Surgery Appointment

At your appointment for a [labiaplasty in Windermere](#), we can answer any final questions you have. Once you feel ready to start, a medical provider will guide you back to our state-of-the-art operating room. Here, Dr. Manny will perform your labiaplasty under local anesthetic. The procedure takes 1 to 3 hours depending on the extent of your goals.

Labiaplasty Recovery

Because labiaplasty is a major surgery, you should expect to take things very easy following your procedure. Generally, full recovery takes 4 to 6 weeks. Most patients follow this recovery timeline:

- Days 1 to 5: Full rest before returning to sedentary work and activities.
- Days 6 to 10: Avoid most strenuous movements.
- Days 10 to 14: After your first post-operative visit and provider clearance, resume modest exercise and normal basic activities.
- Weeks 3 to 4: Resume full exercise.
- Weeks 4 to 6: Safe to return to biking and sexual activity.

Keep in mind, every patient differs, so always listen to your provider's personalized instructions before anything else.



Post-Operative Care

To care for your body after a labiaplasty, keep the area clean and dry to prevent infection. If you struggle with swelling or pain during your downtime, you should take pain reliever medication and gently apply a cool compress.

To ease bowel movements during recovery, some patients opt for a high-fiber diet and stool softeners. Loose, soft clothing can further promote comfortable healing after a labiaplasty in Windermere.

Results

After a labiaplasty, you can notice immediate tightening and aesthetic improvements in your labia. However, you will also experience post-operative swelling and redness, which can take weeks to subside. Once these side effects dissipate, you can see your full labiaplasty results.

Options for Enhancing & Maintaining Your Results

The results of a labiaplasty are permanent. However, with age, you may experience new laxity or changes in your anatomy. To enhance and maintain the benefits from your labiaplasty, we recommend vaginoplasty, Emfemme 360 vaginal rejuvenation, and Emsella pelvic floor strengthening.

Vaginoplasty

Similar to a labiaplasty, a vaginoplasty surgically restructures the vagina and surrounding anatomy. A vaginoplasty can modify only the vaginal canal, or it can incorporate perineoplasty—a procedure to improve the structure and appearance of the vaginal opening. Vaginoplasty treats [vaginal laxity](#), [sexual dysfunction](#), and [urinary incontinence](#).

Many women undergo both vaginoplasty and labiaplasty, since these issues often happen simultaneously. If you want to learn more about getting a vaginoplasty, check out our blog, "[Postpartum Vaginoplasty: Rejuvenate & Restore](#)."

Emsella Pelvic Floor Therapy

Many women who experienced changes in their labia tissues also struggle with pelvic floor weakness, resulting in symptoms like urinary incontinence and sexual dysfunction. Therefore, we often recommend [Emsella](#) pelvic floor therapy as a painless, noninvasive solution. This treatment can strengthen your pelvic floor after getting a labiaplasty in Windermere.



Emsella emits high-intensity focused electromagnetic (HIFEM) energy, which triggers rapid and powerful contractions that build your pelvic floor muscles. After a single 28-minute Emsella session, you can notice meaningful improvements in your pelvic floor health.

Emfemme 360 Vaginal Rejuvenation

Dryness, laxity, and incontinence can also accompany loose or enlarged labia, often caused by overstretched or unhealthy vaginal tissue. For these patients, we recommend [Emfemme 360](#) vaginal rejuvenation—a quick, minimally invasive treatment for enhancing vaginal tightness, lubrication, and sensitivity.

Emfemme 360 uses radiofrequency energy to stimulate collagen production and improve cellular elasticity in the vaginal area. According to their [manufacturer](#), patients who combine Emfemme and Emsella can experience an average of:

- A 37% increase in elastin, which improves the vagina's ability to return to its normal shape after stretching.
- A 17% increase in collagen, which tightens loose vaginal tissue, increasing sensitivity.

- A 32% increase in vaginal wall thickness, minimizing discomfort, urinary incontinence, and sexual dysfunction.

Our Expert Providers

A positive labiaplasty outcome hinges on selecting a practice with thorough training and years of experience. At Horizons OBGYN & Aesthetics, Dr. Manny Herrera, board-certified OBGYN and fellowship-trained aesthetic surgeon, will perform your labiaplasty. His extensive training and expertise in cosmetic gynecology facilitate a satisfactory experience for our patients from start to finish.

Dr. Manny's partner in women's care and in life, Katie Herrera, also dedicates herself to your comfort and satisfaction throughout treatment. Her background as a Certified Nurse Midwife and Women's Health Nurse Practitioner further informs the support available to you at our practice.

Both Dr. Manny and Katie trained under Dr. Michael Goodman and Dr. Marco Pelosi—some of the world's foremost surgeons in women's genital cosmetics. Dr. Manny's surgical technique builds on the expertise of these leading gynecological surgeons.



Our OBGYN, Dr. Manny, with renowned women's genital plastic/cosmetic surgeon, Dr. Michael Goodman.



Our OBGYN, Dr. Manny, with globally recognized providers in the Cosmetic Gynecology field, Drs. Marco Pelosi II and Marco Pelosi III, as well as accomplished cosmetic gynecology surgeon, Dr. Jorge E. Gaviria.

Expert Care Is on the Horizon—Just Schedule a Consult

A [labiaplasty in Windermere](#) can improve your comfort in the bedroom *and* in life. First, however, you need to select the right provider. To learn more about this process, read our blog, *“How to Choose the Right Gynecologist.”*

Whether you have more questions or you want to move forward, a consultation with one of our medical providers offers the informed support you need. Simply book an appointment to start your journey!

[Book Appointment](#)

Not quite ready to visit Horizons OBGYN & Aesthetics? Try our Treatment Planning Tool to explore personalized recommendations from the comfort of your own home.

[Get a Personalized Treatment Plan](#)

P1 KP: Vaginal Tightening in Winter Garden

Restoring Resilience With Advanced Feminine Rejuvenation



Women everywhere, and at every stage of life, can struggle with the discomfort and insecurity of vaginal laxity. Age, pregnancy, and other life events can weaken and stretch your vaginal tissues, leading to issues like urinary incontinence and sexual dysfunction. For those interested in vaginal tightening in Winter Garden, [Horizons OBGYN & Aesthetics](#) has the knowledge and resources to achieve top-tier results.

Vaginal Tightening Treatment Options

Our practice uniquely combines traditional gynecology services with advanced rejuvenating technology, so you can safely restore your intimates. Explore our treatment options to find the perfect fit for your needs.

Emfemme 360 Feminine Rejuvenation

[Emfemme 360](#) offers a quick, minimally invasive solution to enhance tightness, lubrication, and sensitivity.

Many women experience dryness, laxity, and incontinence due to weak vaginal tissue. This advanced treatment uses radiofrequency energy to stimulate new production of [collagen](#), which strengthens and enhances the vaginal tissue. As a result, the [vagina](#) can better hold its shape and support your bodily functions when needed.

O-Shot

The [O-Shot](#) also stimulates vaginal tissues, reinforcing their structure and promoting sexual wellness.

This treatment uses [platelet-rich plasma](#) (PRP)—a component of blood, which contains concentrated growth factors and healing agents. By injecting PRP into specific parts of the vagina, we stimulate more collagen production and improved blood flow. This process encourages healing and regeneration, tightening and strengthening the vaginal walls.

Vaginoplasty

Vaginoplasty surgically restructures the vagina and surrounding anatomy to address laxity, sexual dysfunction, and incontinence.

It may focus on the vaginal canal alone or include perineoplasty to enhance the vaginal opening. Many women also combine vaginoplasty and labiaplasty for comprehensive rejuvenation. You can learn about these procedures in our blogs about [vaginoplasty](#) and *labiaplasty*.



Schedule Your Vaginal Tightening Consultation

If you want to take the next step for vaginal tightening treatment at Horizons OBGYN & Aesthetics, schedule a consultation with one of our medical providers to get started.

[Book Appointment](#)

Not ready to visit just yet? Explore personalized recommendations with our Treatment Planning Tool.

[Get a Personalized Treatment Plan](#)

P2 KP: Gynecologist near me | Montverde, FL

How to Choose the Right Gynecologist



Have you been searching “*gynecologist near me*,” and found yourself unsure of how to make the choice? Picking a gynecologist might feel overwhelming, but a few key considerations can help you choose the right one. With over 30 years of combined experience at [Horizons OBGYN & Aesthetics](#), our team can help you make the best decision for your needs.

Credentials & Experience

First and foremost, choose a board-certified gynecologist. The label “board-certified” indicates the physician has gone through extensive schooling and met rigorous standards in both academic and hands-on settings. A reputable certification represents their knowledge of the female anatomy, reproductive system, and more.

[Dr. Manny Herrera](#) earned his board certification in obstetrics and gynecology (OBGYN), and he is a fellowship-trained aesthetic body sculpting surgeon. Furthermore, he has trained with the world's foremost surgeons in women's genital cosmetics: Dr. Michael Goodman and Dr. Marc Pelosi.

Reviews

Talking to a gynecologist's current patients gives you an overview of their practice and quality of care. For example, one of our patients shared their experiences like this:

“Horizons OBGYN & Aesthetics is hands down the best in Central Florida. The entire team is exceptional—friendly, attentive, and incredibly thorough. This is clearly a direct reflection of the administration and leadership of Katie Herrera and Dr. Herrera, who are both caring, knowledgeable, and genuinely invested in ensuring you feel comfortable and well-informed. They take the time to answer all of your questions with thoughtfulness and care.

The office itself is beautiful, with every detail thoughtfully designed in their newly built space. It's clear that a lot of love and attention went into creating a welcoming environment for patients.”

- Johanna DiVirgilio

Treatment Options

Choosing a gynecologist with a variety of services, including obstetrics and aesthetics, ensures that you have the support you need no matter the life changes you experience. We've seen firsthand how women can benefit from this wide range of support options, which has led us to curate the comprehensive offerings you see on [our website](#) today.



Partner With Horizons OBGYN & Aesthetics

If you want a gynecologist in the Montverde, FL, area that offers personalized care, a consultation with one of our medical providers can get you started.

[Book Appointment](#)

Not ready to visit just yet? Explore personalized recommendations with our Treatment Planning Tool.

[Get a Personalized Treatment Plan](#)