



# *CENTER FOR WOMEN'S CARE AND REPRODUCTIVE SURGERY*

## *Gynecologic Endoscopic Surgery*

### *GYN Surgical Pioneer Thomas L. Lyons MD Provides Vaginal Restoration As Standard Operating Procedure for Pelvic Floor Repair & Laparoscopic Supracervical Hysterectomy*

Long before resculpted vaginas became the vogue hit of the new millennium for women seeking improved sexual gratification, pelvic prolapse patients repaired by Dr. Tom Lyons knew that they'd experienced more than a simple fix of their pelvic floor problems and/or stress urinary incontinence.

"It's always been standard operating procedure when we correct pelvic prolapse or perform Laparoscopic Supracervical Hysterectomy (LSH) to improve the pelvic floor support in a manner that has heightened sexual response for many patients," said Dr. Lyons, head of the Center for Women's Care & Reproductive Surgery in Atlanta.

"In the past, we just provided it and didn't really talk about it much. People are talking about these things more frequently now, and actually requesting the improvements we've always given," he added.

Prolapse involves a dropped uterus due often to childbirth, or other problems such as enterocele or rectocele-bulges in the vagina.

#### **Vaginal Restoration**

Laparoscopic Supracervical Hysterectomy, developed by Dr. Lyons nearly two decades ago, leaves the cervix intact as a keystone support for the anatomy. Studies have shown that some women have improved sexual function as a result of this "less is more" approach to surgery.

He has performed hundreds of LSH procedures, and trains surgeons worldwide on this and the Laparoscopic Burch procedure to correct Stress Urinary Incontinence. Other options for urinary incontinence include the TOT sling, which he performs.

Regarding Vaginal Restoration, he said, "Normal pregnancy and delivery push apart the muscles that run alongside the vaginal opening, causing vaginal relaxation. The vaginal restorative procedures that we perform bring them back together."

A reshaped vaginal vault effectively enhances vaginal muscle tone, strength, and control.

By decreasing internal and external vaginal diameters and strengthening the perineum, friction in the area increases. In addition, a reshaped vaginal vault tends to angle more effectively for maximum stimulus by the male partner.

According to Masters and Johnson this has a direct influence on the amount of sexual gratification experienced by the woman.

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## **The Labioplasty Option**

In addition to vaginal restorative procedures which enhance muscle tone of the area, Dr. Lyons also provides laser labioplasty for patients who are concerned about the appearance of their genitals.

Large and sometimes unevenly sized labia can cause painful intercourse at times, as well as potential chafing problems with tight clothes. Additionally they may cause embarrassment, and a woman may desire a different look.

The alternative is the laser reduction of the longer of the two labia. Laser labioplasty is performed to result in more comfortable intercourse as well as a more symmetrical appearance of the vaginal area.

This procedure is considered cosmetic or plastic surgery. It is only performed at the patient's request, and may require a 4-6 week recovery time. Patients may return to work within three to five days, depending upon their particular procedure.

## **G-Spot enhancement**

The G-Spot, or Grafenberg Spot (so named after its discoverer, German gynecologist Ernst Grafenberg), is a small, highly sensitive area located two to three inches inside the vagina on the upper wall. When stimulated, its erectile tissue (similar to that in the male penis) becomes engorged, thus causing a small patch of the vaginal wall to protrude into the vaginal canal.

G-Spot enhancement involves injection of collagen into the zone to enlarge it, thus potentially increasing its sensitivity and giving the woman better orgasms. Collagen, which is derived from cows, has been the gold standard for wrinkle treatments for more than two decades. Collagen injections may last from two weeks in the lips to several months in other areas where there is not as much motion.

Although G-Spot enhancement is considered a cosmetic procedure and thus is not covered by insurance, it is becoming increasingly popular. It is performed as an in-office procedure.

Known for offering his patients numerous options for their gynecologic concerns, Dr. Lyons has introduced G-Spot enhancement into his practice

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