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Recommendations for counselling before genital cosmetic surgery in women

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Cosmetic genital surgery means changing the aesthetics of essentially normal anatomy and that too for a non-therapeutic indication.

- A lot more women are now aware that shape, size, proportion of their external genital organs can be altered by cosmetic surgery. There is a lot of confusion also as there is no ideal shape, size or look of genital area.
- In India, a patriarchal society, the discussion about sex organs by a woman is a taboo. The surgeon should attempt to find the motivation behind the decision for genitoplasty. This may help to avoid a dissatisfied client. Counselling before the genital plastic surgery is a must.

Some of the recommendations are:

1. The gynaecologist should help the patient to understand the anatomy and function of genital organs. Since there are no standards, the surgeon should respect individual variation.
2. Detailed medical, sexual and gynaecological history should be obtained.
3. The patient should be precise and clear about what embarrasses her.
4. Major sexual, psychological dysfunctions should be ruled out.
5. Counselling should include-
 - Normal variation
 - Physiological changes over life span
 - Changes after child birth
 - Possibility of unintended consequences
 - These procedures irreversible
6. Counselling of a partner and patient, who desire cosmetic surgery for sexual gratification, should be detailed. They should be explained that desire, arousal, orgasm are complex highly personal responses – conditioned as much by emotional, spiritual and interpersonal factors as aesthetic ones.
7. Post operative emotional support may be required. Education and counselling should be a priority for women seeking non-medically indicated aesthetic surgery of genital organs. Cosmetic surgery can benefit if the patient's expectations are realistic.

Biography

Did graduation and post-graduation from two premiere institutes of India; M.B.B.S (A.I.I.M.S.), New Delhi and M.D, (Obst & Gynae) from PGIMER, Chandigarh. Worked as a consultant at various prestigious hospitals including PGI; Chandigarh, Maulana Azad Medical College and Hospital; New Delhi, Air India; New Delhi, St. Joseph's Hospital; Visakhapatnam, Apollo Hospital; Hyderabad, and presently working in Kuwait as a Consultant Gynecologist. President of Ambala Obst&Gynae Society, and Executive Member Chandigarh Regional Menopausal Society. Editor in SOGA magazine. On expert Panel ME Health Magazine. Rotary and JE award for taking cancer awareness to rural India. Special interests include Premarital, Marital Counseling, Puberty and Perimenopausal Health. Delivered talks in various national and international conferences and published several papers and book chapters.

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