

DR STEFANIE MCCAIN, MD

COSMETIC GYNECOLOGY



*Helping women feel
good again...*

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Stefanie McCain, MD

Dear Friend,

Thank you for taking the time to read this guide. The purpose of this guide is to provide you with the most up-to-date information about vaginal rejuvenation and cosmetic-plastic gynecological surgeries that can improve how you look, feel and function.

Many women have been negatively impacted by childbirth and aging, or have bodies that are uncomfortable due to extra tissue. When they talk to their doctors for solutions, they are told that what they are experiencing are

"normal consequences of childbirth", or that "they have to learn to live with it", or "do kegel excercises".

It's so unfortunate that this is the typical response, because these issues impact many aspects of a womens' quality of life. There are surgical solutions to improve comfort, function, and appearance of your body. The information provided in this guide is to help you better understand what options you have, and to let you know that you are not alone in what you are feeling. The negative feelings you may be experiencing about your body and how it is working for you can be transformed into positive ones. Working to correct issues can increase confidence, reduce feelings of embarrassment or frustration, and improve physical functions such as bladder, bowel and sexuality.

In more than 27 years of solo practice, I have performed thousands of gynecologic procedures, and I am confident that I can help you with your unique challenges. Please note though, the information in this guide is for educational purposes only, and should not be considered medical advice. Please call and schedule a consultation for your particular needs. I am here to find the right solutions for you!

Warm Regards,

Stefanie McCain, MD

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01 Introduction

Making positive life changes is always a challenge. Many women put off taking care of their needs because they are too busy taking care of their children, spouses, jobs and homes. Luckily, the changes we are discussing in this guide are relatively easy and provide huge benefits to your confidence and quality of life.

Most of this guide is dedicated to reviewing terminology commonly used in this area of medicine, available procedures and what they are, common complaints, and what to expect during a consultation and surgery--I really want you to be as informed as possible.

At the end of reading this guide, you will be ready to call and schedule a consultation. You may have questions and concerns specific to you, and I am happy to provide answers. We will also discuss in detail your goals and how best to achieve them.



What is Cosmetic Gynecology?

Medical textbooks define “Cosmetic” as any procedures that deal primarily with physical appearance, or the aesthetics of the body.

“Cosmetic Gynecology” involves the transformation of female genitalia into a more aesthetically pleasing appearance. The appearance of the vulva can be impacted by extra tissue of the inner or outer labia (labia minora or labia majora), stretched and/or pigmented tissue from delivery on the perineum, pigmentation or asymmetry related to either the clitoral hood (prepuce) or the labia minora (inner hairless lips). These can create feelings of “being different,” of “not being normal,” and feelings of inadequacy which can affect being intimate with your partner.

Plastic Gynecology

“Plastic Gynecology” focuses on restoring the function of the vagina, the vaginal opening and the perineum as copulatory organs for procreation and sexual pleasure. This area of specialty includes vaginal rejuvenation procedures that treat the sensations of wide and smooth vagina. The definition in the scientific literature of vaginal rejuvenation is a surgical intervention that transforms vaginal gross and functional anatomy to achieve more enjoyable sensation during sexual intercourse. It can also include reducing the labia minora/ majora for functional reasons, as well as freeing up a buried or inaccessible clitoris due to adhesions or lichen sclerosus, or removing extra tissue for better hygiene and access.

Typical Cosmetic-Plastic Gynecology Procedures:

Labia Minora Labiaploasty--reduction of the inner hairless lips

Clitoral Hoodoplasty--reduction of either lateral or central excess tissue

Labia Majora Labiaplasty--skin reduction of outer hair-covered lips, with or without fat sac repair

Labia Majora Labiopexy--skin reduction of the outer hair-covered lips with Colles' Fascia reduction

Vaginal Rugation Restoration--the re-creation of vaginal ridges to treat the sensation of a smooth vagina

Site-Specific Defect Repairs--repairing the damage in specific locations in the vagina, at the opening, and at the perineum

Often, it is necessary to repair vaginal defects before having cosmetic-plastic gynecologic procedure(s). Reconstruction operations should be performed separately and cannot be labeled or financially charged as a cosmetic-plastic operation(s). However, be aware that traditional reconstruction procedures may not be covered by insurance if they address sexual function problems that don't have CPT codes.

Common Patient Complaints

One of the most common difficulties I hear about from my patients is related to sexual intercourse. The “acquired sensation of wide vagina” can result in complaints of “not being able to feel one’s partner inside,” “an empty feeling,” or one’s partner not feeling anything during sexual intercourse. There can also be gas-like noises during sex that can be embarrassing, and the penis can fall out during the act due to lack of support at the vaginal opening. There can be multiple causes that lead to these sensations. Indeed, usually more than one cause exists: the aging process, overstretching from large weight gain (and loss), chronic straining with constipation, large previous partner, and tearing, stretching or cutting the vaginal walls and/ or supporting vaginal tissues during vaginal childbirth. Patients also commonly complain about feeling too wet or too smooth during sex. Excess mucous secretions can cause too much slip-and-slide, reducing sensations for one or both partners. A loss of vaginal ridges called rugae (due to scarring from childbearing, aging, pelvic relaxation, or lack of estrogen) can also cause a sensation of “smooth vagina” because the ridges help grip the penis during sex. Last but not least, women and teenage girls sometimes complain about the inner hairless lips, the labia minora, protruding beyond the outer hair-covered labia majora, causing issues related to comfort, function and appearance. Hygiene issues, discomfort in clothing, limitations with activities and exercise, sitting, pain during sex, problems with tampon placement, and recurrent infections like yeast or UTIs can be due to the excess tissue. These issues can be improved or resolved with labiaplasty surgery.

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What Can I Expect?

Patients ask me many questions about procedures, the typical experience, about how quickly they can see results, and how long it takes to recover. While it's impossible to exactly predict what will happen, here is what your case may look like. Please note: This is only for informational and illustration purposes. Your case is unique to you and may require a different course of action and timetable.

The Consult

At your first visit with us, you will meet me and my friendly staff. You should have filled-out your New-Patient Paperwork prior to your appointment to provide some basic medical information. You will then move on to having your personalized consultation with me. My staff and I will be with you every step of the way, and make sure you are always comfortable.



I will listen to your wants and needs, review your medical history and a pelvic model, perform a full exam, look at before and after photos that are similar to your case, show you the different treatment options and procedures you can choose from, and then provide a final surgery cost. All of your questions will be answered and concerns addressed.

Pre-Op Visit

After you've had your initial consultation and exam and have decided to move ahead with surgery, your second visit to our office will be when we perform your Pre-Operative Visit Exam. This briefly reviews your initial consult and entails a quick exam and discussion to re-confirm the surgical interventions desired.

A review of consent forms, surgical risks and complications—as well as the risk should you decide not to have the recommended treatment—is done. You will then be provided with requisitions for your pre-op testing that includes blood work, and an EKG and chest X-ray if you are over 40. We will also go over all paperwork to ensure that all accommodations are taken care of, what to expect on the day of surgery, and how to properly care for yourself during recovery.

You will receive a bag of supplies to help with your post-op comfort care.

Surgery Day

This is your surgery day. You will arrive meet with me and your anesthesia provider, along with other staff, at our state-of-the-art accredited surgery center. Everyone will make it a top priority to ensure that you are 100% comfortable and ready to move forward.



Depending on your procedure(s), surgery can take anywhere from one to four hours. After surgery I will be at your side making sure that you are as comfortable as possible. Your vitals will be checked during recovery, and once you are cleared by both the anesthesiologist and myself, you will be discharged. You will be sent home with any medication prescribed to help with pain management. I will call you the evening of your surgery to check on how you are doing.

Post-Operative Care and Follow-up

A Post-Operative (Post Op) appointment usually takes place the day after your surgery. Additionally, two weeks after your procedure, you will visit the office and I will perform a post op assessment and remove sutures. I'll ensure that everything is going as planned and that you are healing properly. After eight to ten weeks you will return office once again for me to do a final evaluation. And after that time, you should be able to return to full activity, including sexual intercourse, and enjoy the new confident you!

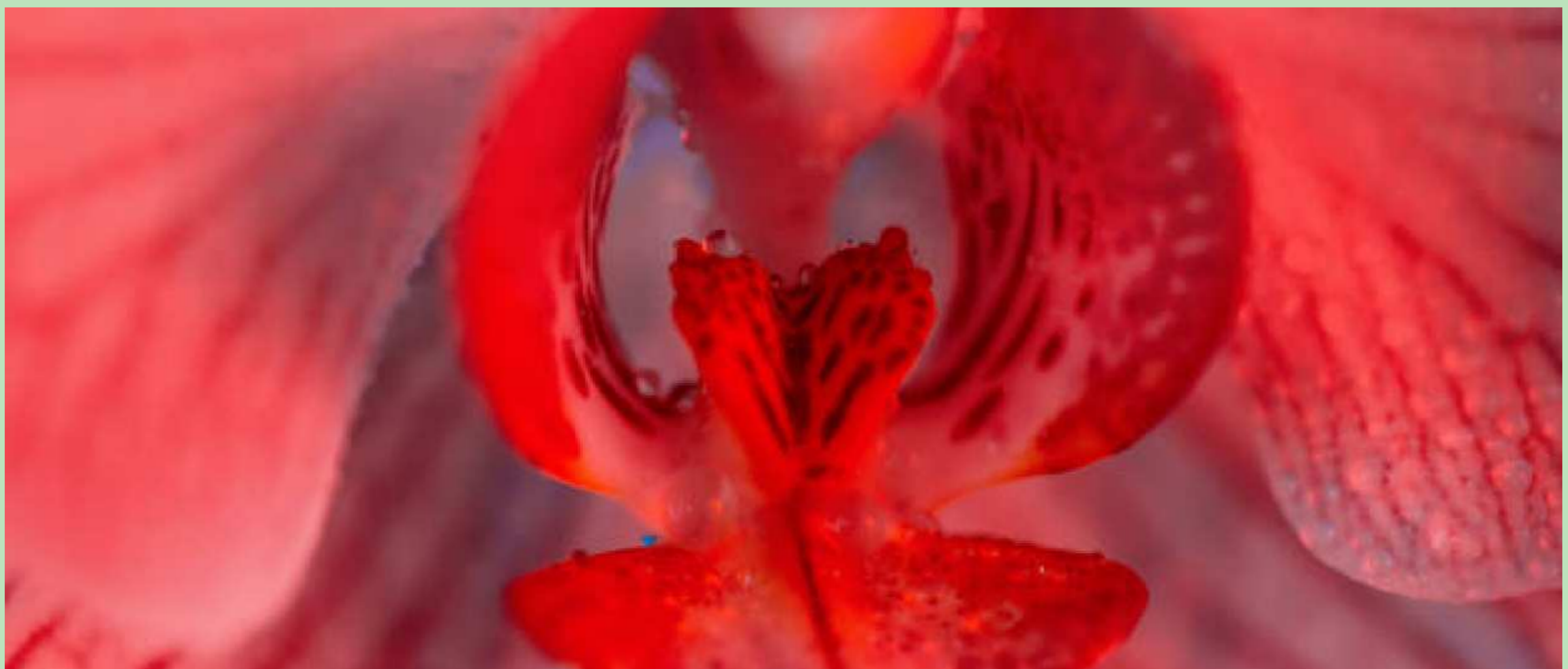
03 What Next?

You may have been considering, perhaps for some time, acting on your desire to improve your confidence and enjoyment of your body. Now is the time. Read this guide and enjoy the benefits of the knowledge I am sharing with you. Then make an appointment for your consultation. We will explore all the possibilities to help you live a happier, more fulfilling life and help you "feel good again!"

What next?

Please call my office at 325.690.0620 to schedule your consultation. My staff and I are dedicated to doing everything possible to help you enjoy your body and life. Here; to a lifetime of enjoyment and satisfaction!

*Sincerely,
Stephanie McCain, MD*



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Testimonials

P.T.

"This surgery gave me the appearance I have always longed for. It gave me more femininity. My entire life I was self-conscious— as a cheerleader and in a bathing suit, I had pain wearing tight jeans, and forget about leaving the lights on during intimacy. This has changed my life."

J.L.

"I feel empowered to have been able to fix something that had bothered me for so long. Clothes are more comfortable, sex is getting more and more fun, and I am so much more confident. The confidence I've gained and the comfort I feel about myself have completely changed my life for the better."

C.T.

"In the last couple of months my life has totally changed. I walk around confident and happier than ever before. For years I felt embarrassed and ashamed for something that wasn't my fault in the first place. Before my surgery, I avoided sexual contact because I was so self-conscious that I never/rarely enjoyed sex. Now at 24 I can say having the surgery was the best big step I could have taken in my life!"

N.N.

“My problems got worse after childbirth 27 years ago. Clothing, simple everyday walking, exercise and intercourse were constantly pinching me, causing pain. I never dreamed that there was anything that could be done. To think of what I’ve been going through for years Thank you so much for changing my life! Life is good

S.S.

"Dr McCain gave me the courage to make changes to my body for things that have bothered me since the birth of my last child. I am forever grateful!"

"Is there a guarantee on your work?"

Surgery, especially aesthetic surgery, is very complex, and while all surgeons do their very best to ensure that the results you see are what you expected, there are times when complications or other issues can arise that alter the result. That doesn't mean the doctor did anything "wrong," it means the human body sometimes dictates the result. And since every body is different, the results of surgery can be too. It is important that your surgeon discusses the risks and complications inherent to your specific surgery

I guarantee that from the moment you walk into my office, my staff and I will do everything necessary to ensure that you are happy - from your consultation through your post-surgery care. The work that I do is my passion. When I am with each patient, they are my only patient. I have seen how these procedures can change women, and guarantee that you will have the very best of my skill set and expertise to help improve the quality of your life.

"Is the procedure painful?"

The short answer is "no." Patients are asleep for the procedure. We offer several techniques to minimize your post-op discomfort including a local nerve block and numbing suppositories. You leave with a supply bag that has items to help you through your recovery period, including numbing spray, stool softeners, and a soft ice pack.

Most of our patients report only minimal pain after surgery. But with any surgical procedure, some degree of pain is to be expected. Our patients' comfort is one of our top priorities, and we make every effort to safely minimize any pain that you may experience.

"Will I have to go under general anesthesia?"

Some patients only want something minor to be done to the exterior of the vagina, and in these cases I can use local anesthesia and the procedure can be done in my office. But in most cases, patients go under general anesthesia to achieve their desired results.

"How long is the recovery time?"

Every patient and every procedure is different, so recovery time can vary widely. But generally our patients are comfortable enough to be back to sedentary types of work within three to seven days. You should refrain from any heavy physical activity such as exercising, lifting heavy things, etc., over the weeks following surgery because you will continue to heal during that time. Normal activity may resume after six to eight weeks, but I recommend that you abstain from sexual intercourse for another few weeks (eight to ten weeks from the date of surgery). This extra time allows your body to fully recover and reduces the chances of injury and/or discomfort to the operative site (vagina or labia).

"How long have you been doing these procedures?"

I have been Board Certified in Obstetrics and Gynecology since 1997. I have had a specialized interest in learning cosmetic-plastic gynecologic techniques for the last 10 years in order to provide more healthcare options for women. I have undergone specialized training in cosmetic-plastic gynecology from world-renowned and industry leader, Dr. Troy Robbin Hailpurn in San Antonio. I have performed over 2,000 vaginal procedures including labioplasties. I also have performed the most daVinci Robotic-Assisted gynecologic procedures in the Big Country.

"I am from out of town. How would I get this procedure done?"

For our out of town patients, we can help you with hotel accommodations and have many hotels nearby. Patients should plan to arrive in Abilene a day or so before your surgery, and plan to remain for one or two days post-surgery, depending on your procedure. We can also help arrange a nursing service if needed.

"Will insurance cover my procedure?"

Insurance policies cover medical cases when the insurance company views a case as medically necessary. If it does, it will cover either the entire cost or a portion of the cost of a procedure. In general, cosmetic gynecologic procedures are considered elective and not medically necessary. Since these surgeries are not medically necessary

or performed for life threatening conditions, they are considered to be plastic or cosmetic surgical processes. These types of surgeries are not covered by insurance.

"What will this procedure cost?"

Every woman, every vagina and every procedure will be different. We warn our patients and future patients to be skeptical of doctors who have one set price for these procedures. A surgery that has so much potential impact on the quality of your life needs to be tailored to your specific needs. I will provide you with a set price for your procedure after a personalized consultation with me, where I will perform a detailed exam, listen to your wants and needs, suggest different treatment options, and have you decide which procedures you want. Once we give you a price for your procedures, it will include all fees, surgery, and anesthesia costs. There will be no surprises or "add ons".

" What is not included in the price quoted?"

Not included in the price quote are prescription costs, lodging, private nursing service, and additional labs. As with any surgical procedure, unforeseen circumstances can occur and additional charges may be incurred such as anesthesia charges, pathology or facility fees.

"Do you offer payment plans?"

Yes, we accept third party financing and accept all credit cards and CareCredit. We can help you with your CareCredit application.

"How long will my results last?"

Once your vaginal rejuvenation and/or labiaplasty procedures are completed, the effects should be long lasting, and your surgery will usually not need to be redone. It is important to note that there are specific instances where the effects of the vaginal procedure could be reversed such as if you were to give birth vaginally, or if you experience some kind of serious trauma to your vaginal walls.

It's important to note should you become pregnant any time after your surgery, giving birth via C-Section will reduce the negative effects on your reconstruction.

I look forward to helping you in your journey to "feel good again". We offer many other modalities that complement these cosmetic-gynecologic procedures. Please refer to my website for information on:

O-Shot

MonaLisa Touch

FemiWave

BioTe Hormone Replacement

Scream Cream

PT-141Maxx Formula

Stefanie McCain MD