VULVAL PROBLEMS

Treatment – Double Z-Plasty Procedure

I have recently devised a new operation for problems with narrowing and splitting of the skin at the opening of the vagina which makes sexual intercourse difficult or impossible.

The traditional operation for this problem has been Fenton’s Procedure. However, Fenton’s Procedure is frequently unsuccessful.

My operation, double Z-plasty with VY advancement is based upon techniques developed by plastic surgeons for dealing with skin contractures, normally following burns injuries. It is proving remarkably successful and has been reported at national and international scientific meetings.

It is indicated for a variety of conditions which cause narrowing or splitting of the skin including:

- Failed Fenton’s Procedure.
- Distortion following childbirth/episiotomy repair.
- Lichen sclerosis.
- Congenital skin flap.

The operation takes about forty minutes, under a light general anaesthetic, as a day case procedure. It is wise to take a little time off post-operatively.

All the stitches dissolve, and healing usually takes about two to four weeks to complete.