

Potential risks and complications of vaginal tightening		
DVT/PE		Long term sensitivity changes
Pain/discomfort		Adverse scar healing
Bruising		Longevity of surgical outcome
Swelling		Possible revision surgery
Haematoma / bleeding		Reurrent urinary tract infection
Infection		Necrosis
Delayed healing		Subjectivity
Allergic reactions		
Bowel perforation		Discussion of patient's individual circumstances regarding whether any of the risks may significantly affect them adversely

1. Vaginal tightening, or indeed any other cosmetic gynae procedure is **not** a solution for relationship difficulties.
2. Vaginal tightening will increase friction/grip, but not guarantee sexual satisfaction, either for the woman or the man.
3. For many (probably most) women, orgasm is achieved through stimulation of the clitoris: vaginal tightening does not increase the potential for achieving an orgasm.
4. The vagina is a very distensible / stretchy organ. In natural circumstances it can stretch to allow the delivery of an average 3.5kg baby. Therefore, after the tightening procedure there is always the possibility that in the future the vagina will feel lax / loose again. It is not possible to say how long it takes for the sensation of laxity to recur, if it does.
5. Many women who enjoy sexual activity will lubricate copiously when aroused. During intercourse, while the lubrication is a positive sign of arousal / enjoyment, it may enhance the sensation of laxity or lack of grip, and this may be the case even following significant tightening surgery.
6. Following initial adequate vaginal tightening, repeat surgical vaginal tightening is strongly discouraged, not only because over time the laxity is bound to recur, but also the area of tightening now has scar tissue which renders the operation more fraught with the risk of complications, such as bowel injury.

Please print your name, sign and date to confirm that you have read, understand and accept the above:

Name: Date Signature

Surgeon: Date Signature