

Vaginal Rejuvenation

Book Introduction

Half the population has one the other half (or most of it) wants one. The half that has it doesn't understand it; the other half that wants it doesn't really know what to do with it. It gets larger as it ages, yet the folks that have it want it to stay small. It is a biologic passage for the maintenance of the species, often referred to as "the poor man's aphrodisiac." It is used to connect with others on a level that nothing else can. It is very personal, yet may be the basis of all commerce and trade. According to many men it is the single driving force for all human interactions.

What is it? What could be so important?

It's your vagina, silly. You start with a new one and then it just seems to age. It is unfair that you understand so little about it and are discouraged from exploring it. No one seems to be there with any answers. Men, on the other hand, explore their parts at an early age and medicine has developed a large series of replacement parts for a man's failing organ. We even have pharmacologic aids for men's failing genitals, how lucky. Today's generation of men were blessed with the birth control pills in the sixties and now as that group is having sexual dysfunction they have blue pills (among other colors) that will extend their sex life, giving the sixties generation the longest sex life in the history of the world.

As the aging women are also coming of age to the time where they too need an overhaul science has come to the rescue too. Cosmetic vaginal surgery is out of the closet and it is becoming an accepted part of mainstream medicine.

The old days of "love surgery" are past. Unwanted experimentation by a lone misguided gynecologist is not what we are talking about. Today's science is open and responsive to a woman's biologic needs. Just as we have done in the past for men who developed erectile dysfunction. Men's needs were met with a variety of prosthetic penile implants created in the sixties and paid for by Medicaid! That work never received any critical evaluation. It was done because men, and their sex partners, demanded it. There was a need and it was met.

Why the difficulty with a ladies sexuality. It is simply because the girls are taught that it is a societal taboo to ask for better sex, please. We are terrified as a society to emancipate our womanhood. Remember that in the Victorian age a woman could not own property. Women had to fight for the right to vote, own property demand equal pay and job opportunities. So now they are demanding better genital cosmetic surgery. Rightfully so.

This short book will put you on the path of enlightenment. It is an effort by the authors to start the discussion needed in this century for a women's right to sexual emancipation. Sure our techniques will improve with time, and so they should. We must be responsive to the needs of our patients. But we must never again say, "You are ok. Leave it alone, that type of surgery should not be done." For then we will be going backwards in time.

James Apesos, MD, FACS
September 2005