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LIST



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Cosmetic Gynecology : Enhancing Female Wellness and Confidence

Dr. Nasreen Siddiqui is an Ob-Gyn with over 19 years of experience, Trained in the UK and US runs Plus 91 Aesthetics & Cosmetic Gynaecology centre in Mumbai, specializing in cosmetic Gynecology, Regenerative Medicine, Anti-Aging, and IV Nutrition. Cosmetic Gynecology is becoming one of the fastest-growing branches in women's healthcare.

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It was called cosmetic gynecology as it originally included cosmetic procedures to enhance the aesthetic appearance of the female genital region. Presently along with cosmesis; it includes functional vulvovaginal repairs to restore anatomy and physiology following recurrent trauma of childbirth, menopause, and aging. It covers not only women's genitalia but complete female aesthetics from head to toe.

Functional and regenerative reasons for the procedures are: Vaginal laxity and atrophy, genito urinary syndrome of menopause (GSM), Urinary incontinence, orgasmic dysfunction, female sexual disorders vulvar irritation, chaffing, discomfort with underwear / clothing, pain with athletic activity.

Surgical Procedures in Cosmetic Gynecology

1. Hymenoplasty & Hymenorrhaphy
2. Labiaplasty
3. Vaginal Reconstruction, Vaginoplasty & Perineoplasty (for tightening the vaginal canal)
4. Monsoplasty, clitoral hood reduction, and liposuction, abdominoplasty, reconstructive surgery for female genital mutilation victims.

Non-Surgical Cosmetic Gynecology Options

Non-surgical procedures are gaining traction as more women seek less invasive options with quicker recovery times and reduced risks. They are office based or lunch time procedures

Time taken : 8 - 30 mins

Two to three sittings advocated, each approx, 15 days to one month apart
Touch up sitting after 6 - 12 months

- 1) Energy Based Devices
 - (i) Laser like CO2 & Diode Lasers, and ErYag laser
 - (ii) Radiofrequency machine, High-Intensity Focused Ultrasound (HIFU)
 - (iii) Jet Plasma Therapy

1) PDO Threads in Vagina and Breast: PDO (Polydioxanone) threads are used to lift and tighten vaginal and breast tissues.

2) Carboxytherapy: involves injecting carbon dioxide (CO2) under the skin to improve blood flow and rejuvenate vaginal tissues.

3) Platelet-Rich Plasma (PRP) Therapy and Exosomes: PRP is commonly used for vaginal revitalization, improving lubrication, and even enhancing sexual pleasure. It is also applied to treat female sexual disorders and chronic pelvic pain.

4) Orgasmic Shots: is a non-surgical PRP treatment that enhances sexual pleasure by injecting growth factors into sensitive areas like the clitoris

5) Botox: for patients with vaginismus, chronic pelvic pain & variety of gynecological conditions.

6) G - spot amplification: It is a procedure in which HA fillers are injected into the G spot to increase sexual pleasure.

7) Genital lightening: Intimate area bleaching,, Vulvar rejuvenation is done by peels or lasers

8) Labia Majora Augmentation: Done by

HA fillers and fat grafting.

Stress Urinary Incontinence: UI is a major health burden and affects 17 - 45 % of adult women. Treatments like laser therapy and non-surgical options help women regain control and improve their quality of life. A variety of surgical options are available but non-surgical options like energy-based devices, PDO threads, bulking agents, nanofat, and SVF are quite promising. Electro Magnetic Chair for SUI is a non - invasive revolutionary FDA-approved medical device that uses electromagnetic technology to treat urinary incontinence improve sexual health and aid in postpartum recovery, and pelvic floor rehabilitation. (The patient sits fully dressed on the chair and it helps you achieve 11,000 KLS in 28 minutes.) By blending advanced medical techniques with holistic care, cosmetic gynecology empowers women to enhance their physical comfort, confidence, and sexual health.

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- Fellowship in cosmetic Gynecology and sexual medicine Ilamed delhi
- Training in surgical cosmetic Gynecology ISCG USA
- Master course in iv nutrition and BHRT ESAG UK
- Certificate course in facial-aesthetics Botox and fillers university of Genova Italy
- PG diploma in clinical trichology, clinical cosmetology & medical micropigmentation & clinical lasers-Faces india
- Director - plus 91 aesthetics & cosmetic Gynecology centre Mumbai