

e-book

5 COMPLAINTS MORE COMMON in female intimate aesthetics



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Introduction

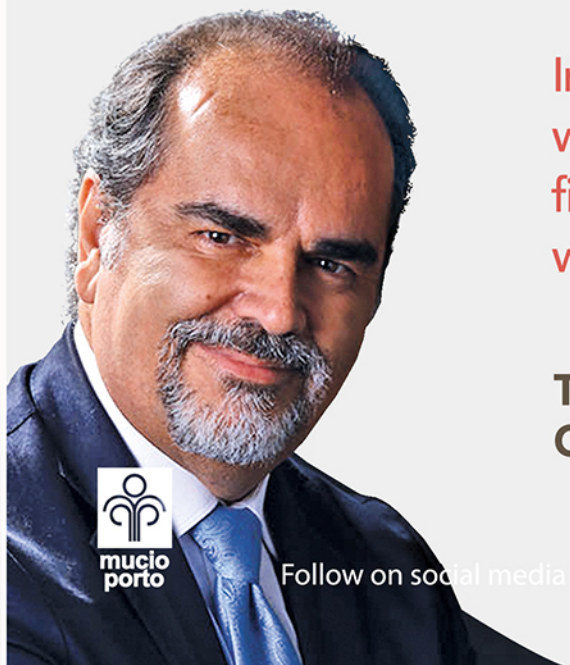
Plastic surgery is a kind of specialty that gets in the way. We go into the mastology part to work on the breast, in the ENT we work on the nose, eyelids, in short.

And of course the genitals are part of the human body and clearly have immense importance in relation to aesthetics, well-being, in the feeling of security in relation to one's own body. This includes a lot in human relationships, especially in the relationship with two.

Incredibly, there is still a huge taboo regarding the aesthetics of the genitalia. I have patients, for example, that I love, that I adore, have been with me for years. They are girls in their fifties, sixties, seventies. One of them the other day told me: Doctor Múcio, I'm crazy to improve my genitals, but if you look at my genitals, if you see mine I'll never come here again. As a doctor, there is a whole ethics, but even so, she doesn't feel very comfortable. And that has to be respected. I'm here to give you relief, to make you feel better about yourself. But the first step is up to you. Go for a consultation and clear all your doubts.

In this ebook I want to exchange an idea with you, I will talk here, what are these five most common complaints and how we can treat them.

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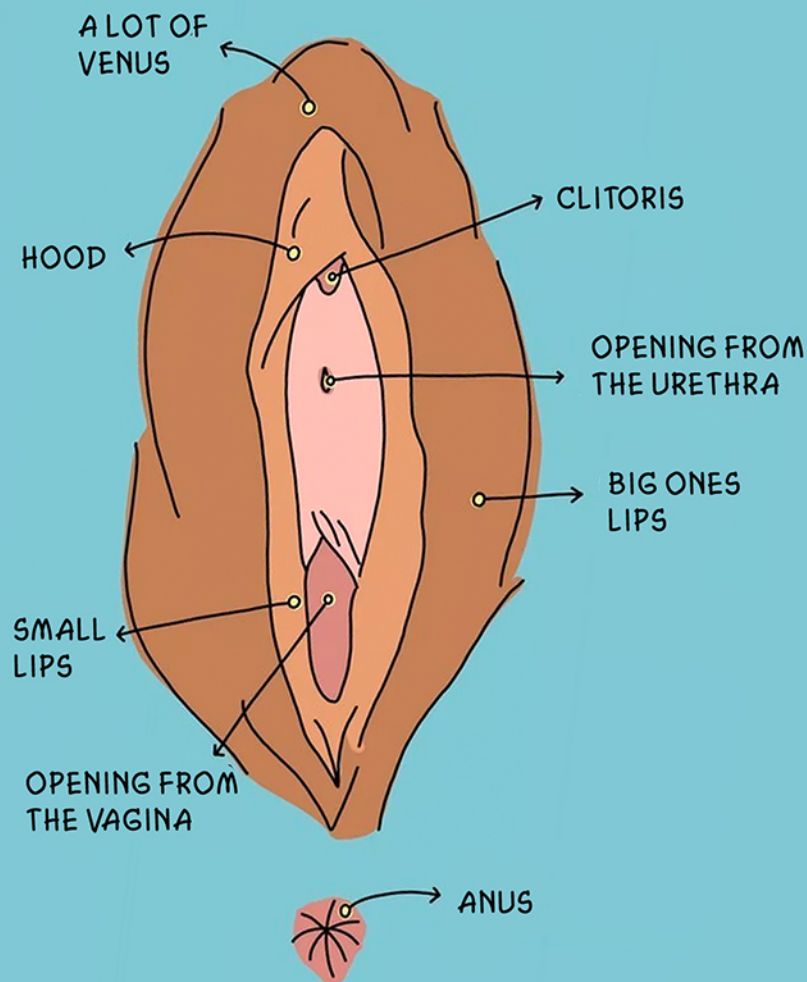
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Anatomy of the vulva

Let's start by helping you to get to know more about yourself, your body and, of course, your genital organ. Starting with the name: Vagina, which is the internal canal that goes to the cervix. The vulva, in turn, is the entire external part of the genitalia. Below is a graphic to make it easier to understand.



Anatomia da vulva (Foto: @vkkrr) — Foto: Glamour



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First complaint. **Increase in small lips.**

Most women complain mainly about the aesthetic aspect. For themselves, but also sometimes they feel embarrassed with their partner. Because they get volume, it's kind of unpleasant. Not always the excess of labia minora interferes in sexual intercourse. I have already treated cases of women with very large, altered labia minora and they did not interfere with sexual intercourse so much, nor with penetration so much, nor with pain. It's more of an aesthetic issue. The increase occurs as the woman grows, through sexual activity, through pregnancy, there are usually increases on one side, not always the two labia minora.

How to solve!

The correction of the labia minora is done with anesthesia, maybe local but at least an epidural anesthesia, sometimes even general anesthesia and look what a simple thing we simply go to trim the labia minora. Very careful. Unfortunately, I see people in the office who are deformed. Because sometimes the doctor thinks that removing it is amputating and many complications can happen. It is possible to reconstruct the labia minora. Always make an assessment with an expert.



Second complaint. **dimming of the genitalia.**

Everyone has a pigmentation in the fold areas, armpits, thigh root and genitalia as well. Sometimes even below the breast. And this pigmentation is natural. It is very rare for someone to have the same skin tone in other areas. The area of the vulva or genitalia. It is normal to be more pigmented. The problem is that there are people who have a lot of pigmentation and don't like it.

How to solve!

The treatment for darkening is done with chemical peels, which help a lot in depigmentation. We whitened the genitalia, we didn't remove all the pigmentation. It Works very well. It's usually a very bearable peeling, it doesn't hurt, it's not a kind of peeling, exfoliating treatment. No, it's pretty quiet. The indication depending on the case is one per week or every fortnight. Usually it's four sessions, we take a break for two months, and you can start over with four more sessions. The Patient has to know that you are not going to remove all the pigment. It's not cool, right? It has to have a little more tone, of difference.



Third complaint. **loosening of the vaginal canal.**

It is obvious that with time, with sexual activity, with normal births, there is a loss of tension in the vaginal canal. What is the vagina? Vagina comes from the Latin meaning sheath, a pouch, a small receptacle there. Where the penis will penetrate to the relationship and there will be conception. But over time this sheath is made of fabric and fibers (of course it has the urethra in front, the rectum behind) so the vagina is nothing more than a layer of firm tissue, more rigid with fibers. elastic, collagen, everything and inside we will have muscle and then the mucosa. The point is that the musculature, like everything else in our body, we start to lose this texture.

How to solve!

We basically use three types of technology. The best of them is the carbon dioxide laser. It causes a stimulus in tissue production, both in the production of fibers and collagen. Another great and very interesting effect is the humidification of the vaginal canal. The laser firing creates microlesions in the mucosa not only in the wall, in the part that covers the vagina internally, but also in the mucosa. And it's a not-too-infrequent complaint of dryness in women, particularly around menopause. Studies show in many cases that patients don't even need to use lubricants anymore. Focused ultrasound and radiofrequency are 2 other technologies that are used to help collagen production, for vaginal loosening recovery.

imagem: The vulva gallery



Fourth complaint. **withering of big lips.**

It's that feeling when a woman realizes that her lip is a little flaccid, empty, withered. And that's bad because first the aesthetic issue is obviously and aesthetics is extremely important and when a woman sees her big, empty, withered lips, what will that remind you of? Decrepitude, aging, apart from that, in some cases, in sexual intercourse, the labia majora become emptier, they are bothered by the friction of the male pubis on the female. If you don't have a tissue that gives this contrast to the trauma (during sex) where there are evidently small traumas and the labia majora don't have that density, that's bad, both functionally and aesthetically.

How to solve!

To solve, we use the simplest thing in the world, which are fillers. We have products that come ready-made in syringes. They last around two and a half, three years. It is done with topical anesthesia, an anesthetic cream. The most common fillers are hyaluronic acids. There are various types of various brands on the market with different densities and with different durability as well. We plastic surgeons really like another filling technique, the one that uses the patient's own body fat, the procedure can be done with local anesthesia, depending on the case, an epidural or general anesthesia. Plastic surgery is the result of a perception on top of a sensitivity of anatomy vision. So a well done evaluation is the secret to a good result.



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Fifth complaint. **pubis (lot of venus) voluminous.**

There are a lot of jokes out there, right? That people say, "ah hood of Beetle, hood of I don't know what", a horrible rudeness. It is necessary to evaluate the "chubby", most voluminous pubs, to know if it is full, if it is flaccid. Is it an abdominal problem? How many women have had a pregnancy, or sometimes they gain weight, lose weight, and then this sagging and that volume goes down to the genitalia region. There are also genetic factors, the person was born that way or it is a family inheritance, there are women, for example, with that retracted cesarean, with "chubby" above and a "chubby" below the cut of the surgery performed by the obstetrician. That's why we reinforce a well-done evaluation that will indicate the best procedure to solve your case.

How to solve!

Speaking of pubis, the main treatment is pubis lipo, but sometimes it is also necessary to do a plastic surgery to treat the sagging that comes from the abdomen. Another treatment used is the Ultraformer III, a device whose technology is called high-intensity focused ultrasound. It has two main objectives. The first, the most common, is used to stimulate collagen, it gives you firmness, the other option is a tip that is inserted in the desired location and destroys localized fat, where we can reduce the volume of the pubis, the mount of venus.