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ISSUE 10



FIRST PERSON

## 'My intimate nip/tuck'

Half of British women are unhappy with their sex life after having a baby, a new study has found. But now a laser treatment, developed in the US, can enhance sexual pleasure. Mother-of-three Denise Trevino, 28, reveals how it changed her life

'All three of my daughters – Lauren, nine, Morghan, six, and Madeleine, four – were huge babies, and they certainly left their mark. After each one, I noticed less sensation during sex. I did all my pelvic floor exercises religiously but, after Madeleine was born, my vagina was far too relaxed and floppy. In the bath, water would go in and then seep out later! To my husband Joe, 31, the difference wasn't much, but to me it was a big deal. I began to hate the way I looked and felt. I couldn't help comparing myself with the women I'd seen in *Playboy* centrefolds – the "perfect" standard. Next to them, I felt monstrous. It was

eating away at my self-esteem.

'My GP didn't know what to suggest. But, after doing my own research, I found a gynaecologist who treats the problem. Dr Hailparn said Laser Vaginal Rejuvenation would remove excess internal tissue caused by stretching and scarring in childbirth.

'She explained that a beam of light would cut away tissue and tighten up muscles. It does the work of conventional surgery, but with minimal bleeding and inflammation. Healing is much faster, too.

'She said she'd create a smaller, more sensitive vaginal cavity. Then she'd resitch my perineum (the bit between the vaginal opening and the anus, which had torn in childbirth) to neaten and tighten the opening, and tidy up my labia.

'I was worried she'd leave me too tight – I'd read horror stories of women who'd torn when they tried to have sex again. But she assured me that she can judge the right size. She said, "If a woman thinks she should go tighter, I say, 'Only if your husband's penis

is the size of my finger.'"

'Joe was really anxious about the operation, but there was no need. I arrived at hospital at 2.30pm, and was home within three hours. It was done under general anaesthetic and, when I woke up, I only needed a couple of doses of painkillers. I was a bit sore at first – I couldn't sit down without rubbing on an anaesthetic cream – but the soreness soon vanished.

'I was thrilled with the way I looked – much neater. But the acid test was trying sex again. Joe and I cautiously waited seven weeks (a week more than recommended). The first time there was some discomfort – a bit like having sex for the first time again – but even so it was great. Since then, it's been out of this world. I haven't had such a great sensation for nearly 10 years. We feel like teenagers all over again! ■

### WHAT IS LASER VAGINAL REJUVENATION?



It's a new procedure that tightens the vagina, corrects stress incontinence and enhances sexual pleasure. A survey of 300 British mothers found that one in four would consider surgery to repair damage to the vagina caused by childbirth.

Vaginal relaxation after childbirth can diminish sexual sensation and pelvic floor exercises don't always make enough of a difference. But Sanjay Vyas, a gynaecologist at Southmead Hospital, Bristol, remains sceptical about the need for laser treatment and warns: 'All surgery carries risks, including bleeding, scarring and infection. I'd want to know more before recommending a procedure that is life-enhancing rather than life saving,' he says.

● Dr Edward Jacobson ([www.lvrdoc.com](http://www.lvrdoc.com)) provides flight-inclusive treatment packages to his clinic in the US, costing from £8,000. A consultation with him in London costs £100.

● For Dr Hailparn in Texas, visit [www.cosmetology.net](http://www.cosmetology.net).

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