

REVITALIZE AND RESTORE - VAGINAL REJUVENATION IN SEXUAL MEDICINE



DR. POONAM MISHRA

MBBS,DGO,DNB,FAM,FCG, FSRM

Obstetrician & Gynaecologist

Sexual Health Expert & Cosmetic Gynaecologist

Mob : 941554353, *Insta-docpoonammishra*



SEXUAL HEALTH



- Integration of the physical, emotional, intellectual and social aspects of sexual being in ways that positively enhance personality, communication, pleasure, relationships and love
- Not merely the absence of disease, dysfunction or infirmity

-WHO

SEXUAL
HEALTH

A stylized graphic consisting of a blue line that starts at a point marked with a blue 'X', rises to a peak, dips to a valley, and then rises again, ending in a purple arrow pointing upwards and to the right. The word 'SEXUAL' is written in blue above the line, and 'HEALTH' is written in purple below the line.

Common Types of Female Sexual Dysfunction



Desire Difficulties



Orgasm Difficulties



Excitement or Arousal Difficulties



Sexual Pain Disorders

BEFORE



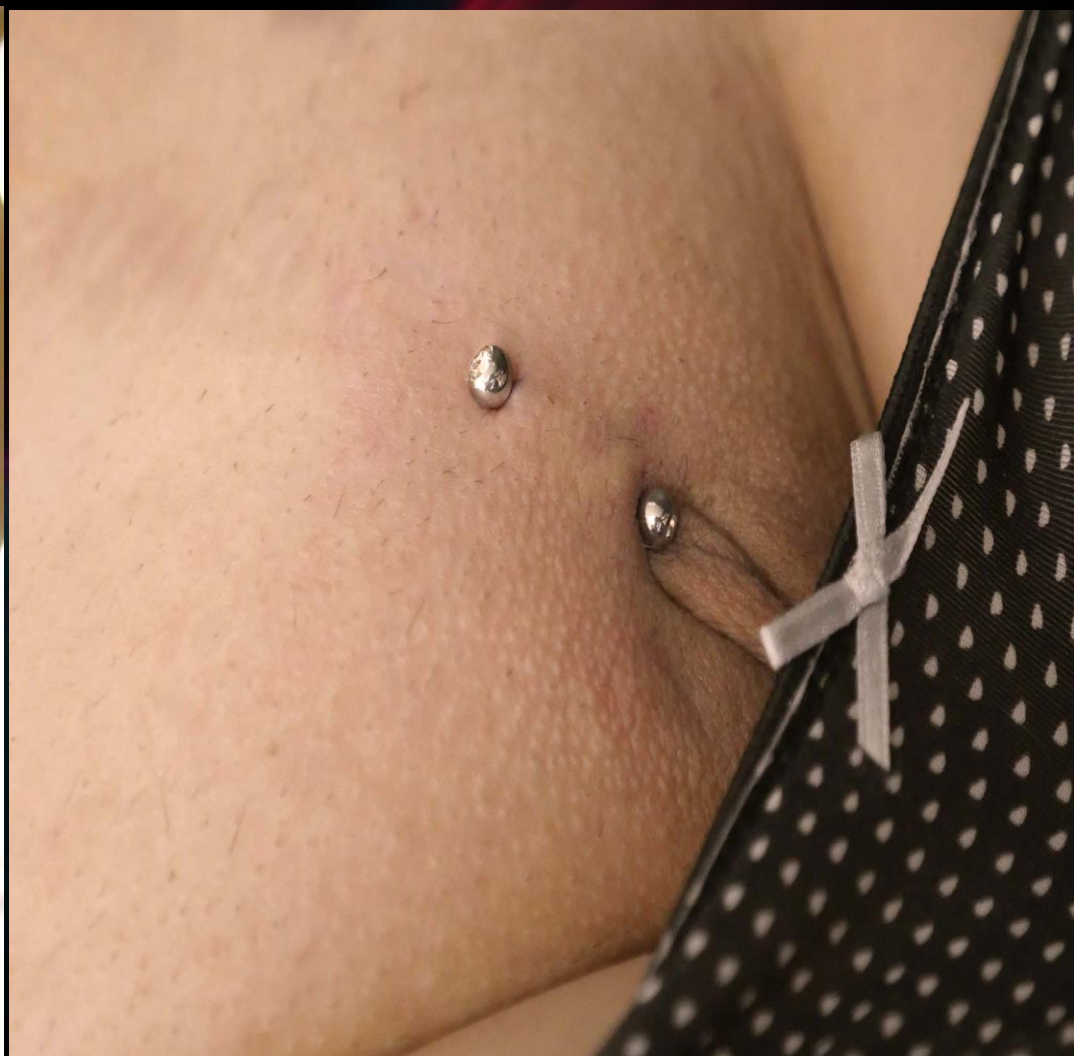
AFTER



ADORNMENT

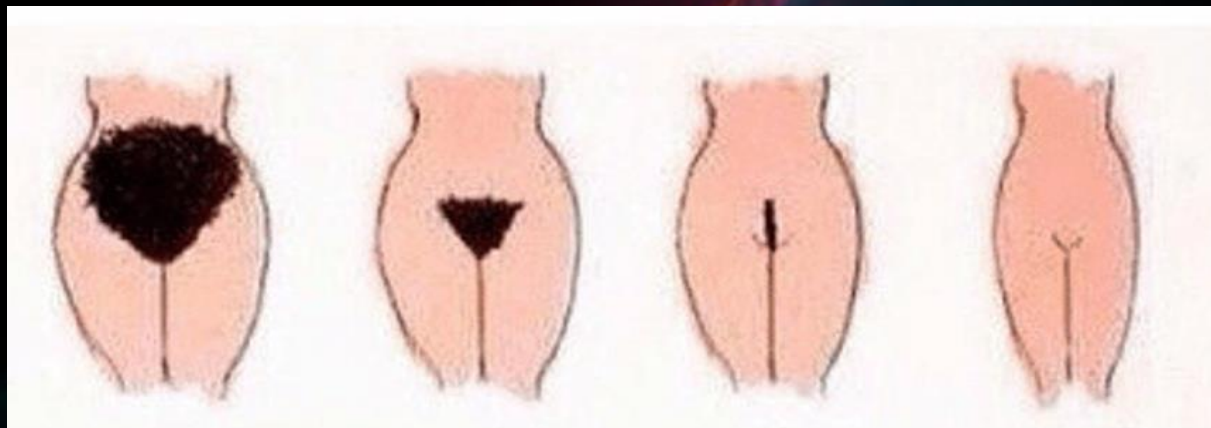






PUBIC HAIR VS FACIAL HAIR

1970 TO 2023

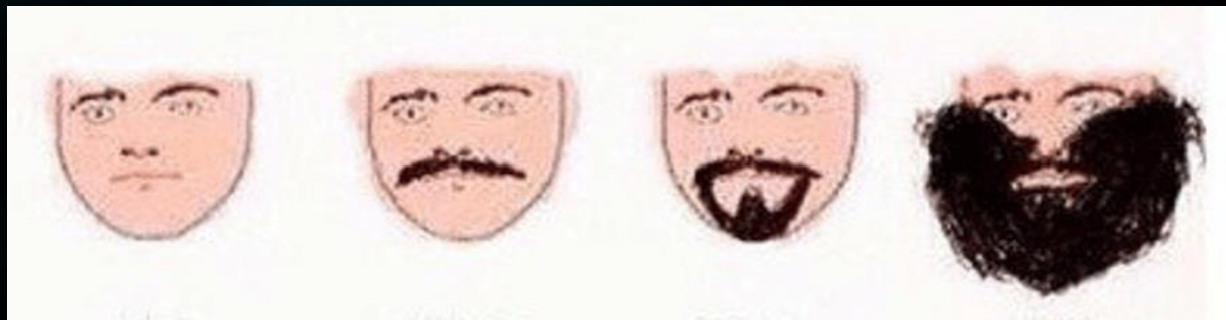


1970

1990

2010

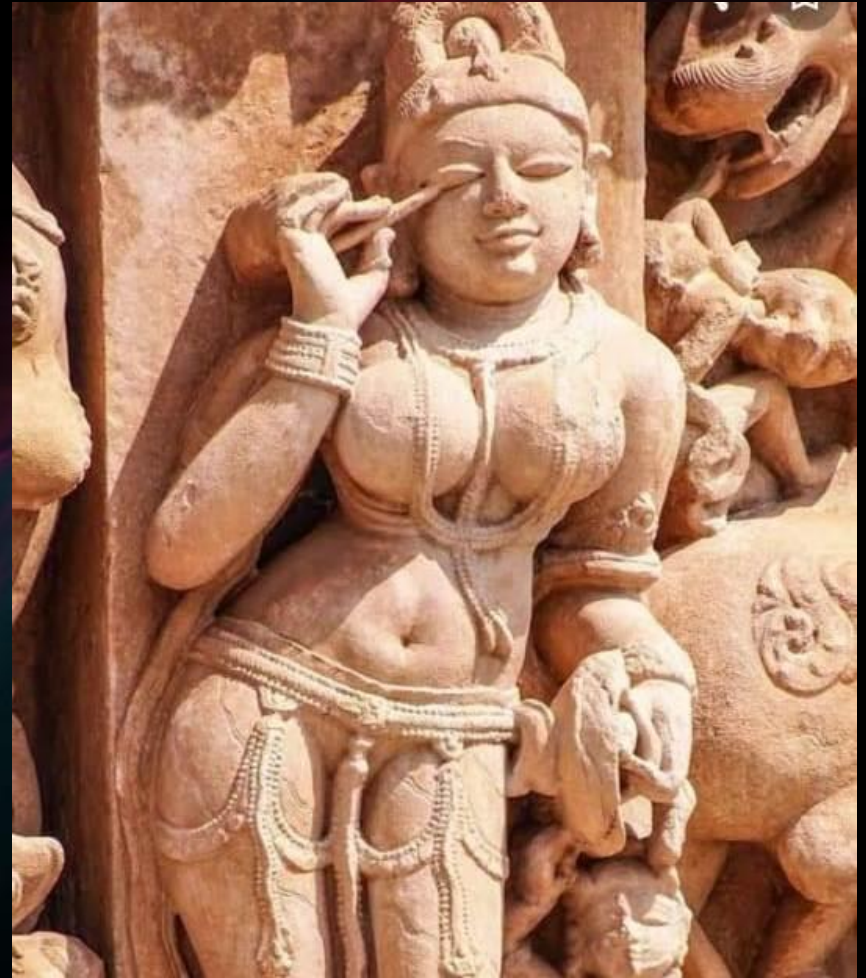
2023



Marriages



Searching for anti aging medicine and procedures to look or to make some one beautiful has always been a matter of research since the ancient time.



- Internal beauty is as important as the external beauty but talking about the need of taking care of this most important part has always been a big no in the society.
- Reason may be it's intricate association with the sexuality.



- Actually this is the irony, as our mythology is full of praisings and worshipings of the most creative parts of the human body.



- **Yoni**, (Sanskrit: “abode,” “source,” “womb,” or “vagina”) in Hinduism, the symbol of the goddess Shakti, the feminine generative power and, as a goddess, the consort of Shiva. In Shaivism, the branch of Hinduism devoted to worship of the god Shiva, the yoni is often associated with the lingam, which is Shiva's symbol.



- In Assam Kamakhya Devi Temple is the most powerful Shaktipeeth in India.
- This is because here the vagina of goddess SATI fell.
- So actually we worship Shakti in her most creative and pious form of Devi Durga.





Y
O
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Lajja Gouri - Alampur, India



Sheela na gig

12th century, Church Kilpeck, Herefordshire England



Yoni Yoni

Yoni egg🥚 for excersising pelvic

Visit

YONI YOGA



योनि टाइट करने का आयुर्वेदिक उपाय
काला कोहोश (सिमीफिगा रेसमोसा) –
**Black Cohosh For Vagina
Tightening in Hindi**



योनि को टाइट करने का आयुर्वेदिक उपाय
एलोवेरा जेल – Yoni Ko Tight Karne
Ka Ayurvedic Upay Aloe Vera in
Hindi



IMPACT OF COSMETIC/AESTHETIC GYNAECOLOGY

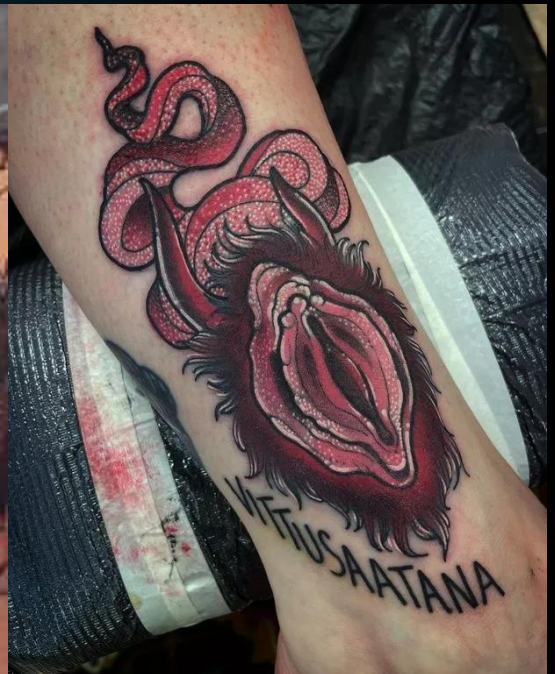


- Trophic
- Targeted
- Functional
- Immediate
- Psychological

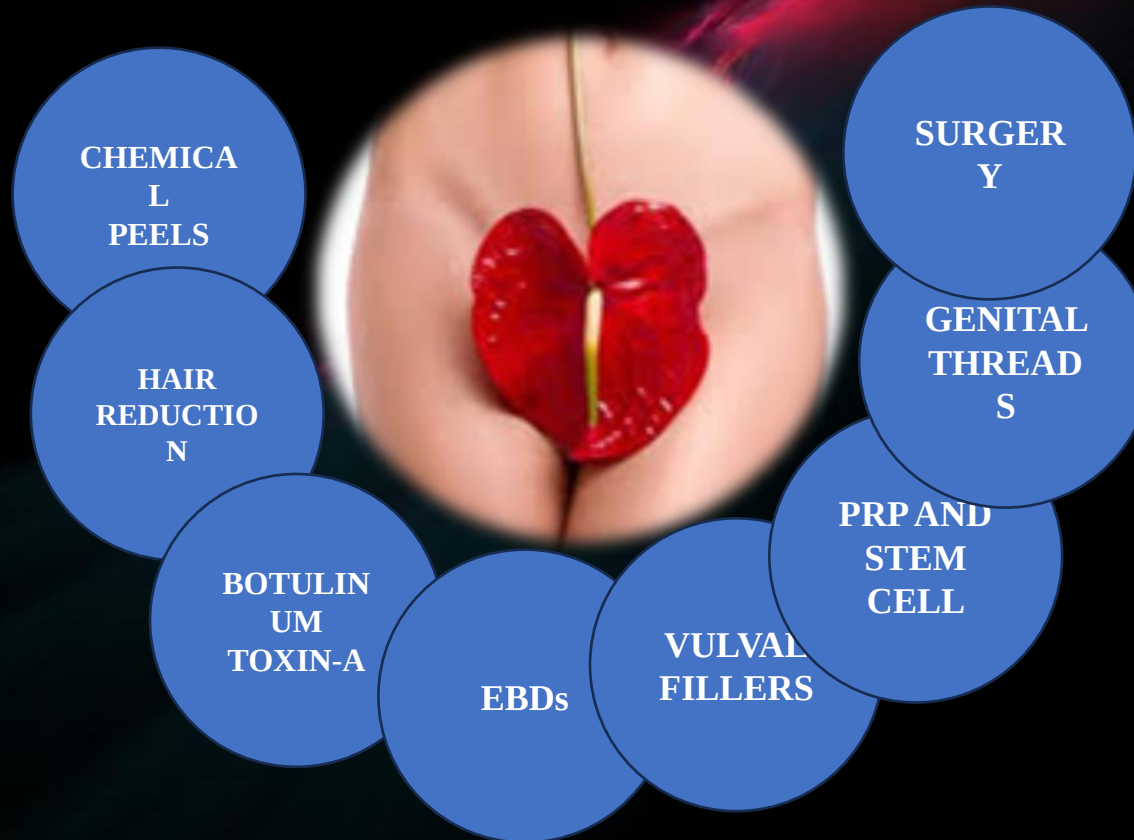
THE TENDER CARE IS THE AIM



ERA OF DESIGNER VAGINA

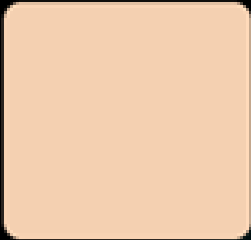
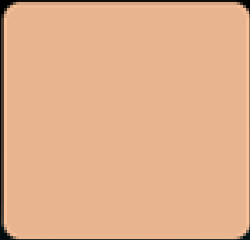
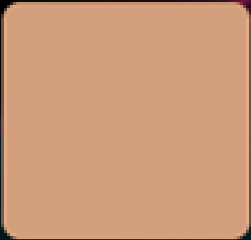
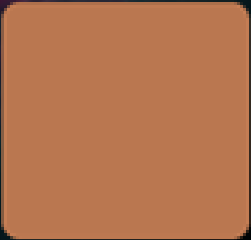
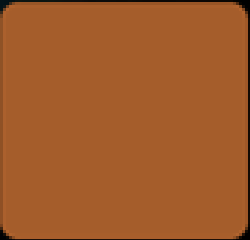
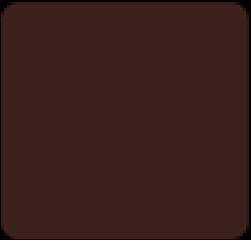


THE ARMAMENTARIUM



Understanding Genital Skin

The Fitzpatrick Scale

					
TYPE I	TYPE II	TYPE III	TYPE IV	TYPE V	TYPE VI
Light, pale white	White, fair	Medium, white to olive	Olive, moderate brown	Brown, dark brown	Black, very dark brown to black
Always burns, never tans	Usually burns, tans with difficulty	Sometimes mild burn, gradually tans to olive	Rarely burns, tans with ease to a moderate brown	Very rarely burns, tans very easily	Never burns, tans very easily, deeply pigmented

ANCIENT PRACTICES

Queen Cleopatra – Milk

Chinese - Ground Pearl

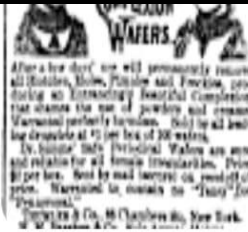
Ancient Romans – Lead

Japanese – Bird Dropping

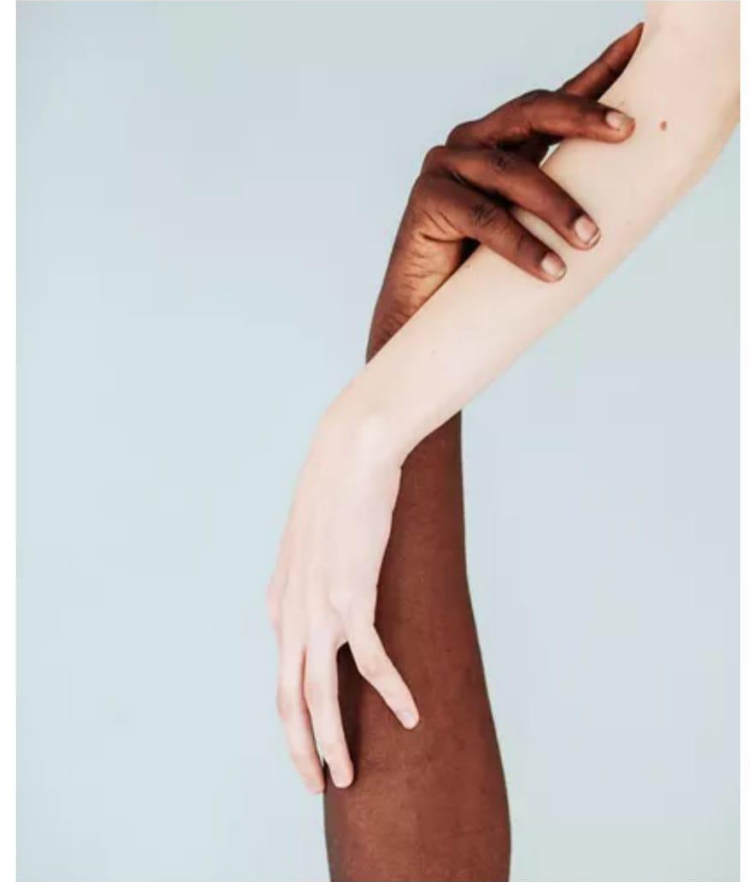
Indian – Turmeric Paste



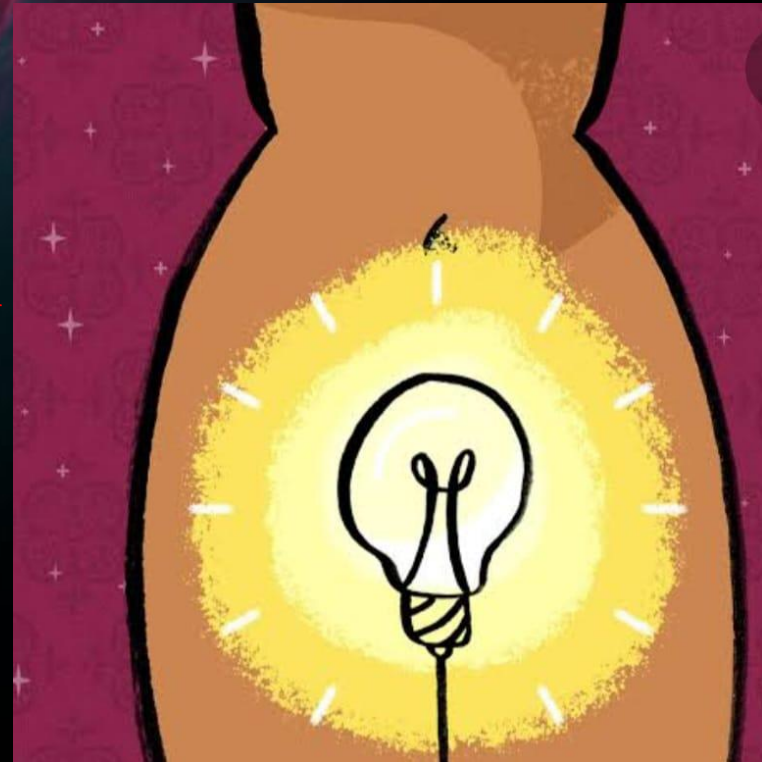
Asia. The history of skin whitening in East Asia **dates to ancient times**. To be light in an environment in which the sun was harsh implied wealth and nobility because those individuals were able to remain indoors while servants had to labor outside. Ancient Asian cultures also associated light skin with feminine beauty.



The History of Skin Bleaching



- Hyper pigmentation can be successfully lightened with a combination of chemical peels and lasers along with patient compliance with home care recommendations.



HAIR REDUCTION

- Diode lasers are doing wonders
- Shavings and waxings are old stories now



BOTULINUM TOXIN-A (BOTOX)

- Botulinum is a heat labile neurotoxin derived from Clostridium Botulinum
- One of most lethal substance causes flaccid muscle paralysis by blocking Ach release from presynaptic terminals
- When used as therapeutic purpose NeuroModulator is better term
- Exists in 8 forms A to H
- Botulinum toxin type A (BoNT-A) is the most studied serotype for therapeutic purposes.
- Type A is MOST POTENT and used widely in aesthetic medicine for abolishing Wrinkles and furrows





Available as Powdered form

To be stored in 2 to 8 degree temperature

100 Units per vial reconstituted with 2.5ml NS
To prepare 1ml equivalent to 40Units

0.1ml in Insulin Syringe thus contains 4 units BoNT

Reconstituted fluid is clear colourless without particulate matter

Potency reduces after reconstitution

Ideally to be used within 24 hours

Can be used upto 4 weeks (87% Potency) if stored at 2 – 8 degree

BOTOX – Gynaecology Indications

In Gynaecology No Obvious Aesthetic Indication In Contrast To Facial Aesthetics

Refractory Myofascial Pelvic Pain,
Vaginismus,
Dyspareunia,
Vulvodynia
Overactive Bladder Or Urinary Incontinence

BoNT-a For Treating Vaginismus

50 -130 BOTOX (ona-botulinumtoxinA)

Or

150 – 400 units of Dysport (abo-botulinumtoxinA)

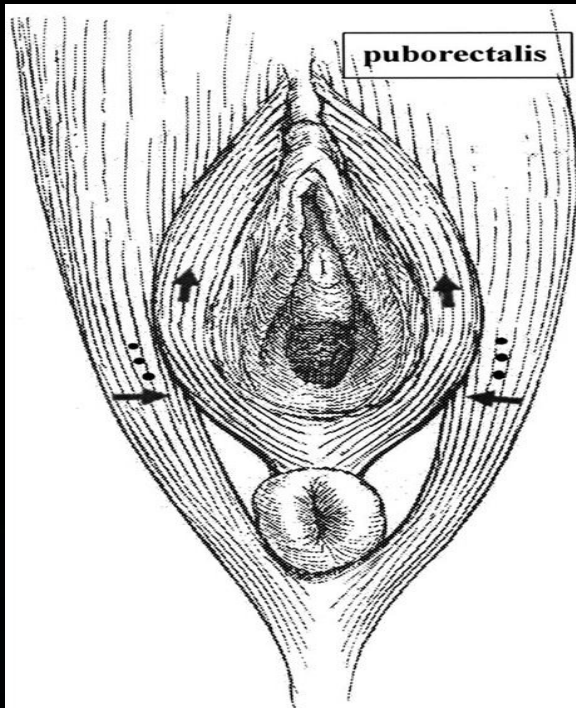
(Dysport potency vs botox ratio of 2.5:1, meaning 25 units of Dysport have approximately the same action as 10 units of Botox.)

Injected at **3 points** shown into **puborectalis muscle**

OTHER SITES AVOIDED TO PREVENT INCONTINENCE

Action lasts for 6 months to one year

Repeat dose not required as fear, anxiety triggers abolishes



Regenerative Cosmetic Gynaecology

THE JOURNEY

- PRP
- Fillers
- Technology- laser/ radiofrequency
- Fat derived stem cell autograft

ENERGY BASED DEVICES

- CO2 Laser
- High-intensity Focused Electromagnetic technology (HIFEM)- Emsella
- High-intensity focused ultrasound (HIFU)
- CARBOXYTHERAPY
- Radiofrequency



CO2
Laser



EMSELLA



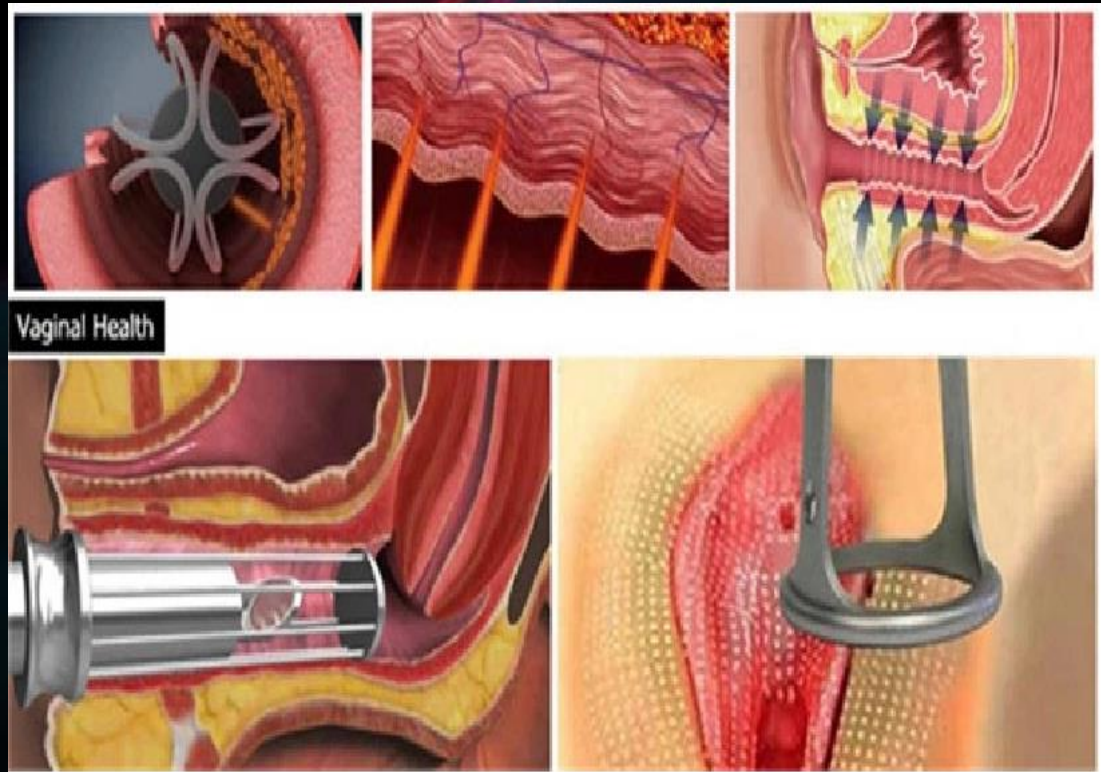
HIFU



CARBOXY
THERAPY

LASERS AND OTHER EBDs

- VVR by resurfacing (reepithelialization)
- Neocollagenosis
- Neoangiogenesis
- Stimulation of growth factors and healing cascades



VULVAL FILLERS

- **Hyaluronic Acid Fillers**
- **Autologus Fillers – Fat Fillers, PRP/ PRF**

VULVAL FILLERS



VULVAL FILLERS

- the "labial puff" and "intimate area fillers" involve injecting hyaluronic acid, or a woman's own fat into the labia majora.



How Fillers Help..

FILLERS When Injected

- It Hydrates Skin And Mucosa
- Restores Elasticity
- Texture And Tone Improved
- Provides Cushioning Effect
- Aesthetic Enhancement And Youthful Appearance

HA Filler Application in Cosmetic Gynaecology

Injected in Introital Skin/Mucosa 1ml

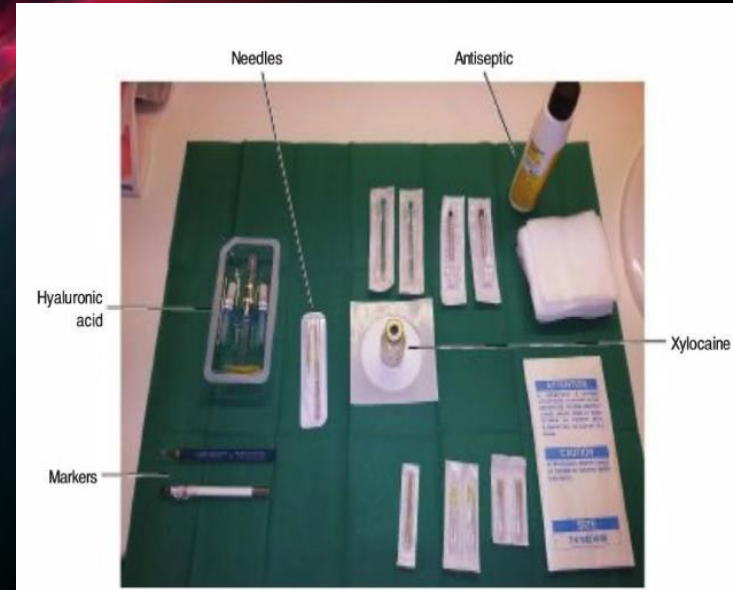
Injected In Labia Majora (intradermal / Subcutaneous) 1ml per labia

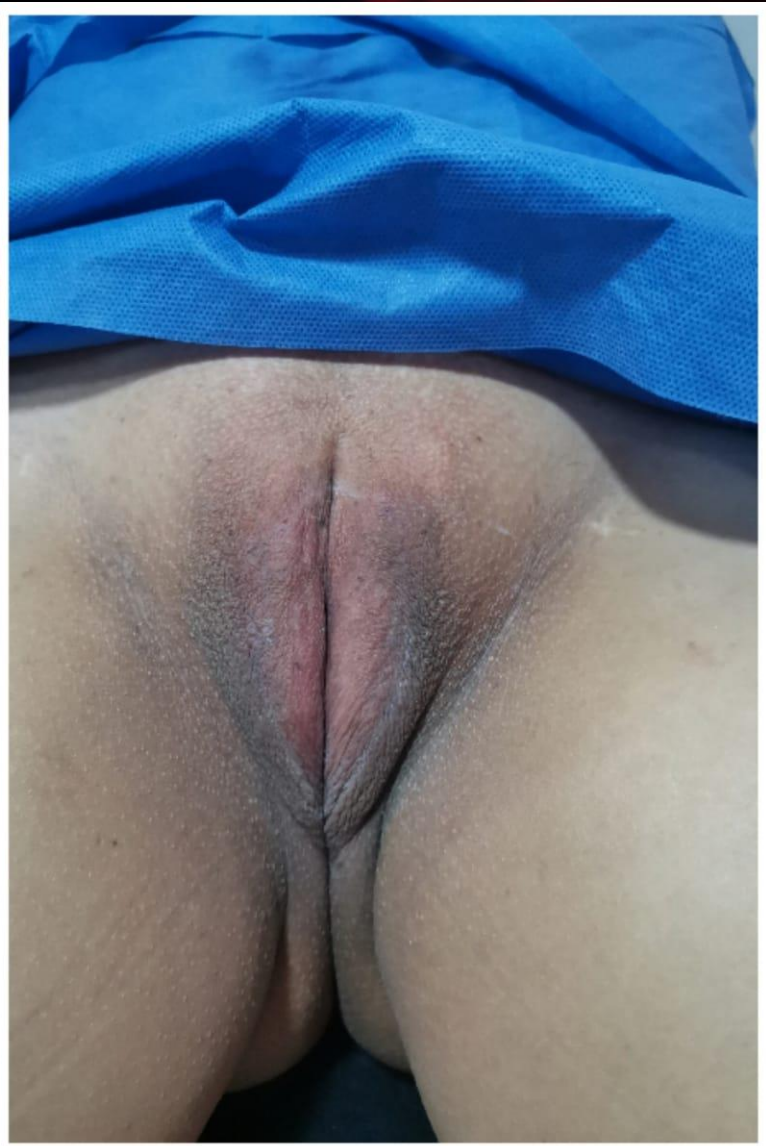
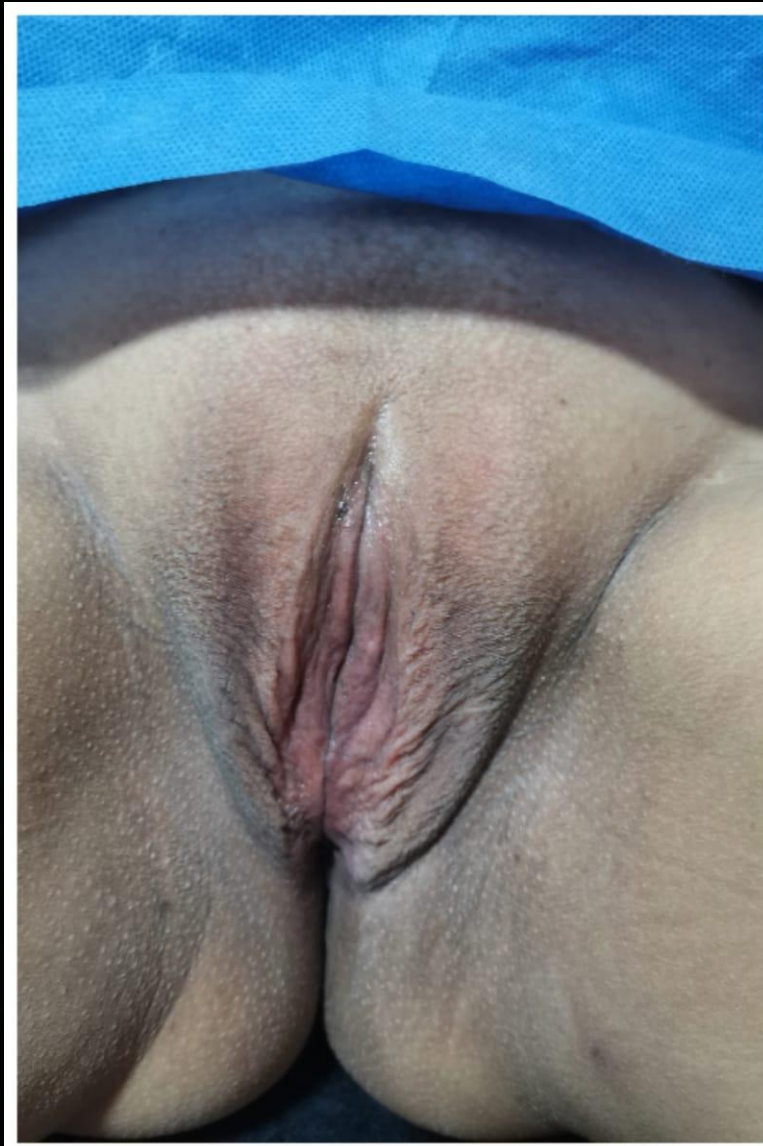
Injected in Mons pubis

G Spot Amplification with HA (FIRST described by Matlock 2001)

R Shot (0.3ml Revanesse ultra)

Sub-Cliitoral - **C- Lift** (0.3ml Revanesse ultra)..
Improved sensation





POST PROCEDURE CARE

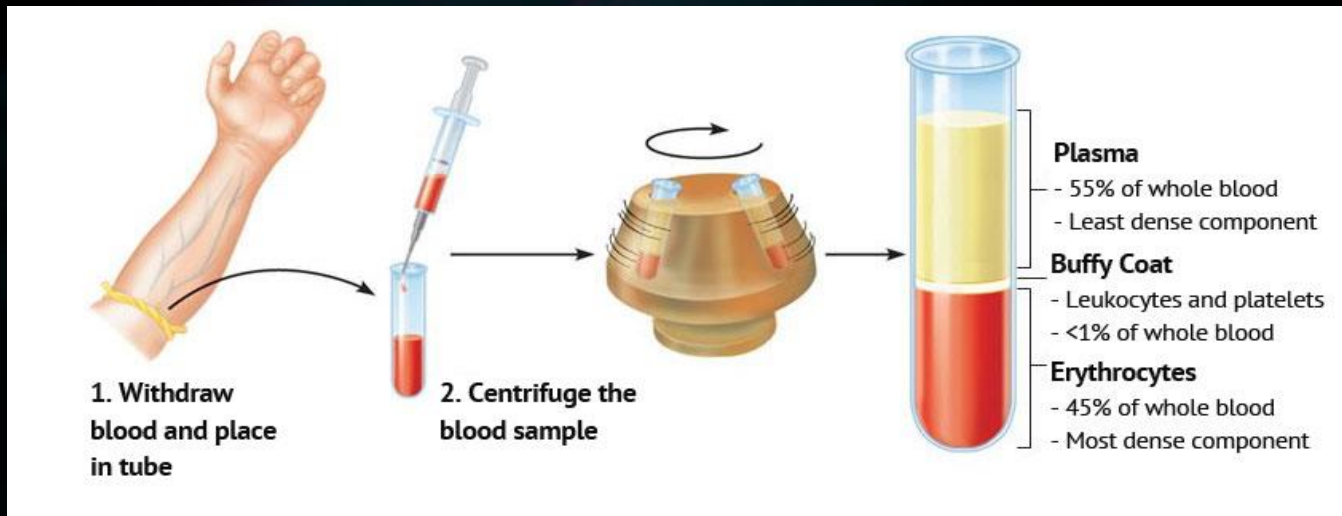
- Afterwards, one can immediately resume her normal day-to-day activities, as no downtime is required.
- However, swelling or mild discomfort may be present in the treatment area for the first few days.
- Sexual intercourse should be avoided for at least 5 days. This allows the injected solution time to settle and ensure there is no chance of infection.
- Depending on the area being treated, results can last anywhere from 4 to 12 months. Over time, the fillers, made of natural substances, are gradually absorbed by the body. Thus, additional treatments are required to maintain optimal results, typically every 9 to 16 months, depending on individual's needs.

What is PRP

PRP is Platelet rich plasma

Obtained after Centrifuging whole blood

PRP is autologous Biotherapy used for its healing properties



PRP

- Once Activated Platelets Releases COCKTAIL Of GROWTH FACTORS And CYTOKINES Which Are Implied In Numerous Regenerative Processes

PRP

- **PRP is Safe** (With No Reports Of Granuloma Formation, Infection, Or Any Other Serious Side Effects)
- **Completely Autologous .. No Immune Response**
- PRP Flows Into Tissue As A Non-viscous Liquid And Not As A Gel
- Aqueous Nature Allows Small Bore Needle For Injecting With An Even Distribution Throughout The Tissue

Benefits of PRP injection at G spot and Clitoris (O-Shot therapy)

- Increased Arousal and increased possibility of ORGASM With G Spot Stimulation
- Increased Sexual Desire
- Tighter Introitus And Younger Look Of Vulva
- PRP results in DRAMATIC Enhancement In Sexual Response.
- Stronger Orgasm
- Increased Natural Lubrication

- *Ref: Runels C, Melnick H, Debourbon E, Roy L. A pilot study of the effect of localized injections of autologous platelet rich plasma (PRP) for the treatment of female sexual dysfunction. J Womens Health Care. 2014;3:169*
- *Samaie Nouroozi A, Alyasin A, Malek Mohammadi A, et al. Autologous Platelet-Released Growth Factor and Sexual Dysfunction Amendment: A Pilot Clinical Trial of Successful Improvement Sexual Dysfunction after Pelvic Irradiation. Asian Pac J Cancer Prev. 2019;20(3):817–823.*

PRP



O Shot



G Shot

GENITAL THREADS

- Toxins and Fillers Are Great But Something Is Missing!

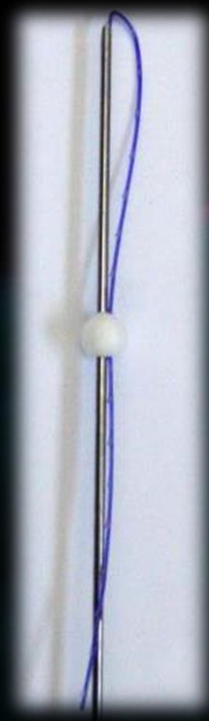
Two Stage Effect

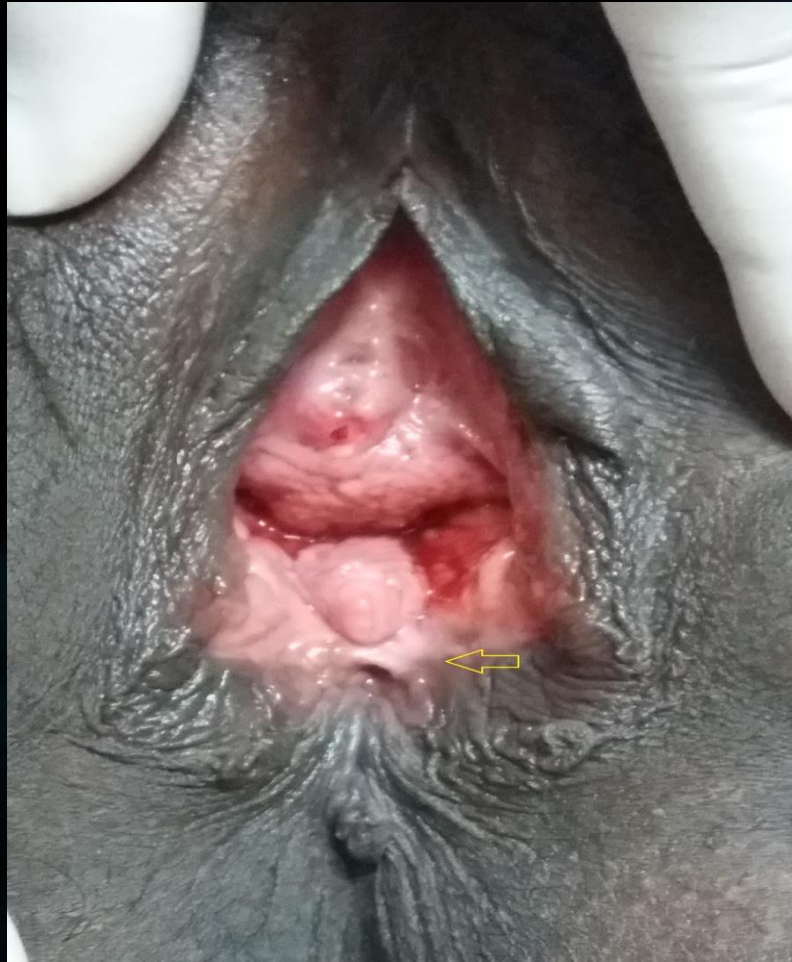
- Immediate lifting effect due to the mechanical properties of the thread
- Lifting effect due to the fibrosis formed by the thread “the secondary vector of pull”

MONOFILAMENT



BARBED (COG) PDO

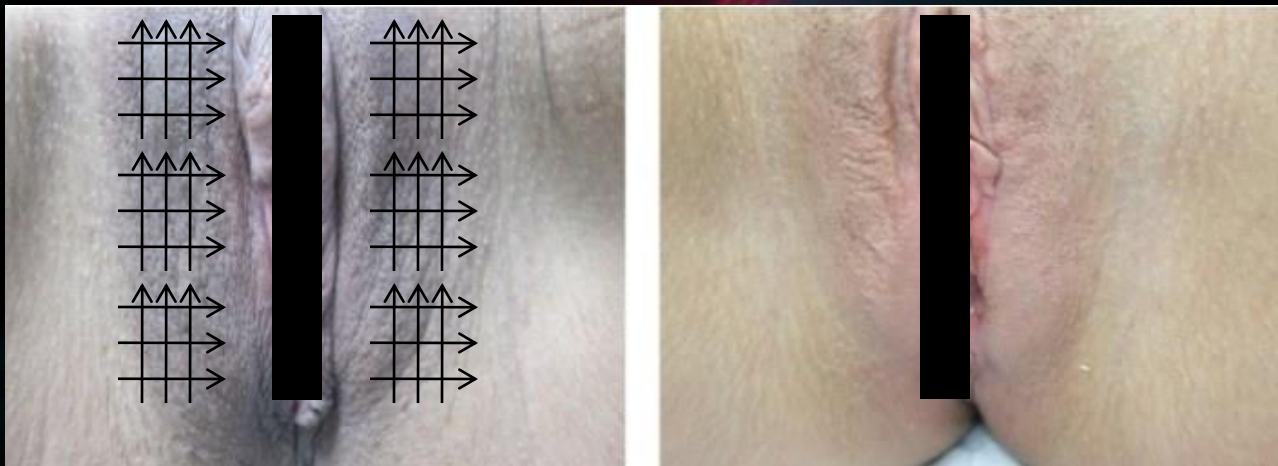




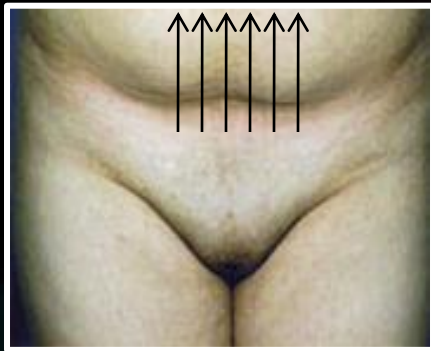
VULVAL REJUVENATION



HYPOPIGMENTATION



PUBIC LIFT



SURGERY

- Monsplasty
- Majoraplasty
- Labiaplasty
- Clitoral hood reduction
- Hymenoplasty
- Introital correction



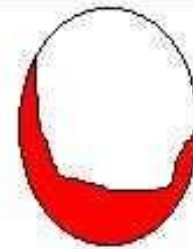
annular



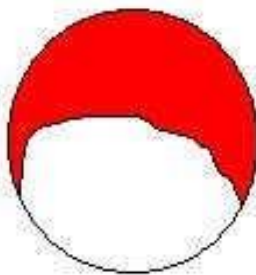
dentate



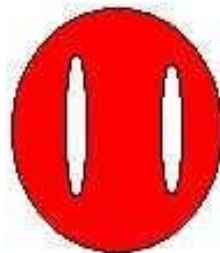
fimbriated



posterior lunar



anterior lunar



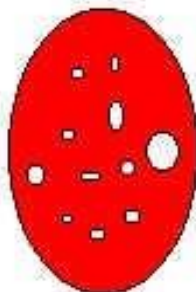
bifenestrated



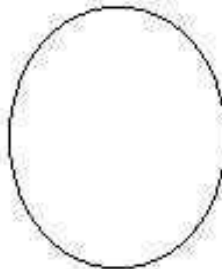
septate



subseptate



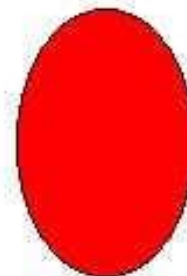
cribriform



complete absence of
hymen



microperforate

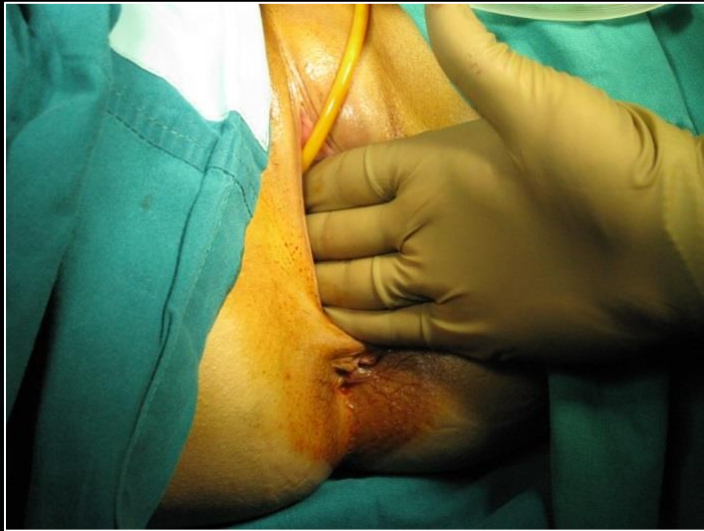


imperforate

SHAPING THE MINORAS



INTROITAL CORRECTION



Patient's Wish List



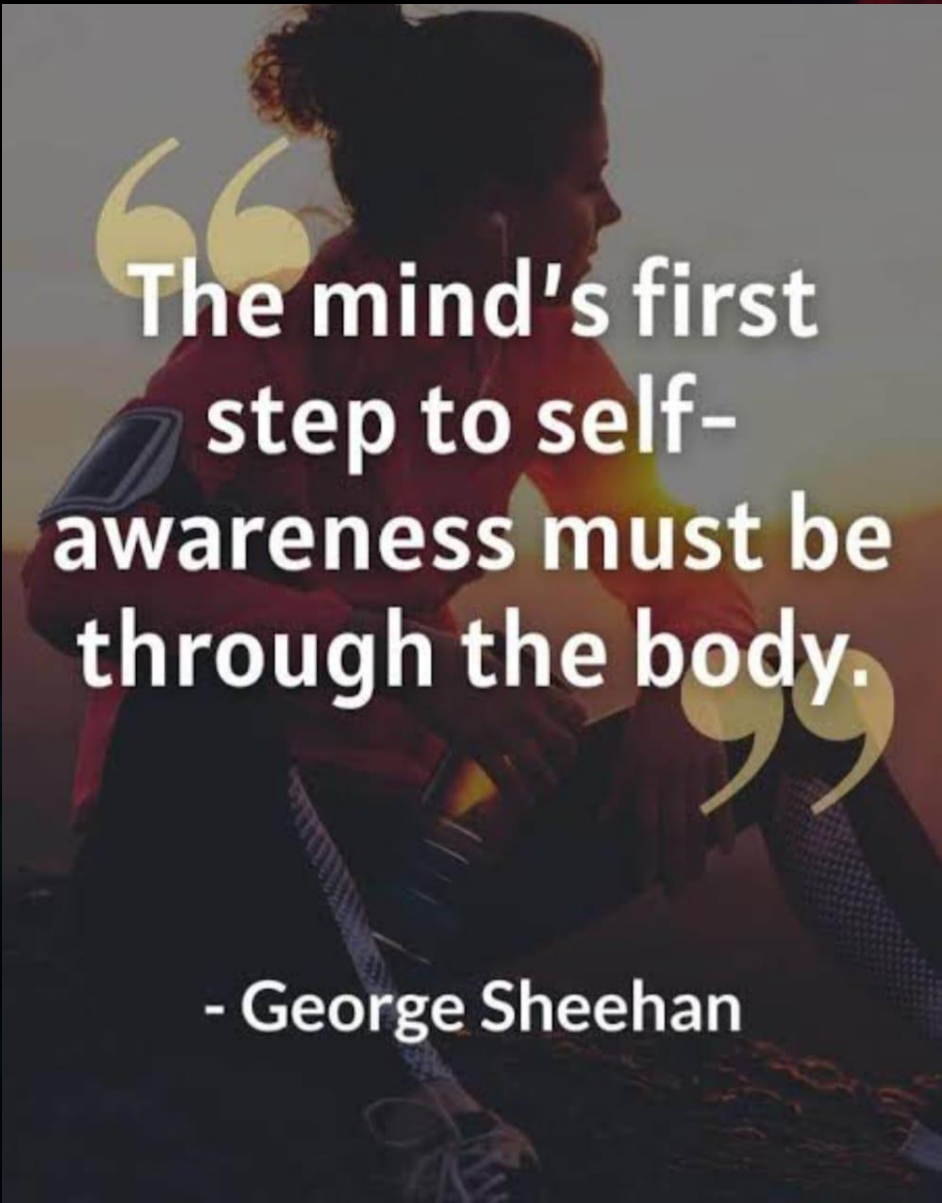
Fullness

Colour

Texture

Summary

- Cosmetic Surgery has come a long way from cephalad to caudal.
- Wide range of cosmetic procedures are now possible with regards to the genital region in view of current advancements.



**The mind's first
step to self-
awareness must be
through the body.**

- George Sheehan



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EMBODIMENT
OF DIVINE
CELEBRATION

More power to
you!

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INDIAN SCHOOL OF AESTHETIC GYNAECOLOGY

NEXT COURSE DATE

23rd & 24th November 2024

COURSE DETAILS

**DIPLOMA IN BASICS OF COSMETIC GYNAECOLOGY AND
INJECTOR COURSE WITH HANDS ON TRAINING**

VENUE

**MANAS GYNAE COSMETOLOGY & LASER CENTRE, GULMARGAPARTMENT JOPLING ROAD
PAREHTA, GOKHALE VIHAR, HAZRATGANJ, LUCKNOW - 226001**



Dr. Poonam Mishra

- MBBS, DGO, DNB, FAM, FCG
- President of Indian School of Aesthetic Gynaecology, ISAG
- Chairperson Cosmetic Gynaecology, IASRM-SIG
- Member of Sexual Medicine Committee. FOGSI, India
- Director of Manas Hospital, Manas Gynae Cosmetology & Laser Centre & Miracle Aesthetic Clinic, Lucknow
- Organized and participated as faculty in many national and International conferences.

*Chief Faculty
& Course Coordinator*



Dr. Anita Singh

- MBBS, MS, (OBGYN)
- Secretary, ISAG
- Senior Gynaecologist - K. K. Hospital Lucknow.
- Director of K. K. Institute of Nursing & Paramedical Sciences, Lucknow.

Course Secretary

GUDIYA & BWAR

(मानस सेवा संस्थान की एक पहल)

Apparel for women and men

CHERISH THE DOLL IN YOU!!



Thank You