



## ADVANCES IN AESTHETIC GYNAECOLOGY IN THE MODERN WORLD

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**Bazarova Zarina Zafarovna**

Assistant of the Department of Obstetrics and Gynecology No. 1, Samarkand State Medical University, Samarkand, Uzbekistan

### ABSTRACT

The article is devoted to the achievements of aesthetic gynecology in the modern world, including innovative technologies and methods that allow for improvement in the appearance and functionality of female genitalia. The main directions in aesthetic gynecology, such as laser therapy, radiofrequency procedures, and injection technologies, as well as genital correction with the help of labioplasty and vaginoplasty, are considered. Particular attention is paid to the psycho-emotional health of patients and the growing awareness of available methods. The article emphasizes the importance of an individualized approach in the treatment and maintenance of women's health.

### KEYWORDS

Aesthetic gynecology, innovative technologies, laser therapy, radiofrequency therapy, labioplasty, vaginoplasty, injectable methods, psycho-emotional health, women's health.

### INTRODUCTION

Aesthetic gynecology is a rapidly developing field of medicine focused on improving the appearance and functionality of the female genital organs, taking into account the aesthetic and psycho-emotional needs of female patients. Modern advances in this field are

opening up new horizons for women seeking to optimize their health and well-being.

Statistics on the utilization and availability of aesthetic gynecology can vary from region to region and country

to country. At this point, there are a few general trends and data that can be highlighted: According to the American Society of Plastic Surgeons, the number of procedures related to aesthetic gynecology, such as labioplasty, increased by 24% from 2015 to 2020 in the United States. In 2020, labioplasty was among the top 5 most popular surgical procedures in aesthetic medicine. Western European countries (e.g., UK, Germany, France) are seeing a growing interest in aesthetic gynecology. According to a study conducted in 2021, about 15% of women between the ages of 18 and 45 have considered having an aesthetic procedure at least once. Eastern Europe, such as Poland and the Czech Republic, is also seeing an increase in the number of procedures, especially in larger cities where access to specialized clinics is higher.

According to statistics from the Australian Institute of Health and Welfare, aesthetic procedures including vaginoplasty and labioplasty have become more common. In 2021, more than 10 percent of women aged 18-35 indicated that they are planning to have such a procedure. In the United Arab Emirates, there is a high level of demand for aesthetic gynecology, especially in Dubai. According to local clinics, several procedures has increased by 30% over the past few years. Despite the growing interest and availability, such procedures may still have access limitations. In the least developed countries in eastern and southern Africa, as well as in parts of Asia (e.g. India and

Pakistan), there are significant barriers to access due to cultural norms, economic factors, and lack of health facilities. Surveys show that more than 60% of women considering aesthetic gynecology often cite increased self-confidence and psychological comfort as the main factors influencing their decision.

### Innovations in technology

Modern aesthetic gynecology techniques actively integrate the latest technologies, including laser procedures, radiofrequency therapy, and injectable methods. Laser therapy, for example, is used to treat suppositories, vaginal tightness, and age-related tissue changes. It helps improve skin texture and stimulates collagen production, which in turn helps address issues such as dryness and discomfort. Radiofrequency therapy is also used in aesthetic gynecology. This technique allows to tighten and improve the elasticity of the vaginal skin, which is especially important after childbirth or in old age.

### Aesthetic correction of the genitals

Aesthetic genital correction, including labioplasty and vaginoplasty, is gaining popularity among women seeking to improve their appearance and self-confidence. Labioplasty, in particular, allows the shape and size of the labia to be changed, which can be an important step in improving physiological and psycho-emotional well-being.

Vaginoplasty is aimed at restorative treatment after childbirth and aging. This procedure can significantly increase the level of comfort and pleasure during sexual activity.

Clinical evidence on the use of aesthetic gynecology covers a wide range of procedures and techniques, as well as their efficacy and safety. Here are some key aspects:

**Labioplasty:** This is a surgical procedure to correct the shape and size of the labia. Studies show that most female patients report increased satisfaction with their appearance and improved quality of life. Surveys show satisfaction rates of up to 90%.

**Vaginoplasty:** A procedure aimed at tightening (narrowing) the vaginal wall. Studies show that many women report increased sexual satisfaction and improved overall quality of life after the procedure.

A 2019 study found that 73% of women reported an improvement in their intimate relationships after vaginoplasty.

### Safety

Studies confirm that when aesthetic procedures are performed correctly, complications and risks are minimal. For example, in the case of labioplasty, the postoperative complication rate is less than 5%. Long-term results of most procedures show the stability of the results obtained and the absence of serious side

effects. According to several studies, despite the growing popularity of aesthetic gynecology, there is a significant proportion of women who are unaware of these procedures or have preconceived notions about them.

Clinical evidence suggests that aesthetic gynecology is an effective and safe field to improve women's quality of life. However, further research is needed to better understand the long-term effects and the impact of these procedures on psycho-emotional health.

### Injection technologies

Injectable aesthetic gynecology, including the use of hyaluronic acid and Botox, has also made significant advances. Hyaluronic acid injections help to increase vaginal volume and improve vaginal moisturization. Botox, on the other hand, is used to treat overactive bladder and reduce discomfort during sexual activity.

Clinical evidence confirms that these procedures are safe and effective, creating a positive effect on women's sexual health. Clinical studies show that after aesthetic procedures, female patients experience significant improvements in aspects such as sexual function, self-confidence, and overall satisfaction.

### Psycho-emotional health

Aesthetic gynecology is not limited to physical aspects only; it also considers the psycho-emotional state of the woman as important. Counseling and

psychotherapy become important components before the procedure, as they help the patient recognize and discuss her expectations, fears, and changes in self-perception.

Every year, women's awareness of the aesthetic gynecological techniques available is growing. Doctors and clinics are actively working to make this information more accessible by removing the stigmas and prejudices associated with gynecological procedures. This leads to women becoming more open and willing to discuss their concerns and desires.

## CONCLUSION

Aesthetic gynecology continues to gain popularity around the world, especially in developed countries. However, statistics also show that the availability and perception of these services can vary significantly depending on cultural and economic contexts.

Advances in aesthetic gynecology have opened up new opportunities for women, allowing them to improve not only their physical health but also their psycho-emotional state. Modern technologies and procedures oriented to the individual needs of patients create a more positive attitude toward their bodies and well-being. Aesthetic gynecology continues to evolve, offering increasingly effective and safe solutions to improve the quality of life for women all over the world.

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