Letter to the Editor

Ninfoplasty: A New Approach?

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I read with interest the article from Tepper et al entitled “Labioplasty: Anatomy, Etiology, and a New Surgical Approach,” published in the July 2011 issue of Aesthetic Surgery Journal.1 Enlargement of the labia minora is a widely recognized physical deformity. Reduction of the labia minora may improve physical and psychological comfort for some women. In fact, the number of patients requesting aesthetic surgery for female genitalia has increased; moreover, the number of techniques for labia minora reduction has increased as well.

I congratulate the authors on their substantive, comprehensive review of the underlying concepts and different techniques performed to treat labia minora hypertrophy; their article provides an excellent addition to the existing literature on the subject. I am writing this letter to document presentations on the same topic (a modified wedge approach to address labial hypertrophy) from Dr Daher, who was among the first surgeons to describe removal of redundant labia minora tissue with the modified wedge technique. Daher and collaborators presented their results on correction of labial hypertrophy via a star incision technique, which creates both symmetry and natural-looking appearance of the labia and to some extent prevents scar contracture that occurs with other techniques (Figure 1). Since 1980, Daher and colleagues have addressed numerous Brazilian congresses and local groups concerning this technique, including a presentation of their experience as original work at the 44th Brazilian Congress of Plastic Surgery in 2007 (see “Ninfoplastia com incisão em estrela: uma nova abordagem”).

A well-established technique with comparably reproducible results when performed by different surgeons should be the aim for every clinical research or operative technique disclosure. Tepper et al’s independent review demonstrates the reproducibility of the modified wedge technique, as well as promising aesthetic and functional outcomes for the patient.

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