



# MONSPLASTY

A Modern Solution for Confidence & Comfort



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Telangana | Andhra Pradesh | Maharashtra | Odisha

## What Is **Monsplasty**?

Monsplasty, or pubic lift surgery, is a cosmetic procedure that reshapes and reduces the mons pubis—the soft, fatty mound of tissue located above the pubic bone. Factors like weight gain, aging, hormonal shifts, or pregnancy can make this area appear bulky or sagging, affecting both appearance and comfort.

Monsplasty helps restore a smooth, contoured silhouette, empowering women to feel confident in their clothing, during intimacy, and in everyday life.

## Who needs **Monsplasty**?

- **Aesthetic Concerns**

A prominent mons pubis may cause self-consciousness in tight clothing, swimwear, or lingerie. Monsplasty creates a sleeker, flatter profile that complements the body's natural shape.

- **Physical Discomfort**

Excess fat or sagging skin in the pubic area can cause chafing, restriction, or discomfort during exercise, sitting, or sexual activity.

- **Post-Weight Loss or Pregnancy Changes**

After significant weight loss or childbirth, loose skin can remain in the mons region. Monsplasty tightens and lifts the area for a rejuvenated look.

## THE PROCEDURE:

### What to Expect?

Monsplasty is typically an outpatient surgery, performed under local or general anesthesia and tailored to your unique needs:

**Liposuction Only-** For patients with excess fat but firm skin, liposuction reduces bulk and contours the area.

**Skin Tightening-** For loose or sagging skin, surgical excision tightens and lifts the mons.

**Combined Technique-** If both fat and skin are concerns, a combination of liposuction and excision is used for optimal results.

**Duration?** 1–2 hours

**Discharge?** You can expect to be home the same day

**Recovery?** Avoid strenuous activity for 4–6 weeks.



## What to Expect After Surgery?

Some swelling, bruising, or mild discomfort is normal in the first few days and can be managed with medication. You will notice initial results once swelling reduces, with final contours visible in a few months



## Benefits of Monsplasty?

- **Improved Self-Image-**

Feel more confident in fitted clothing and intimate situations.

- **Greater Physical Comfort-**

Eliminate irritation or discomfort during exercise, walking, or sitting.

- **Permanent Results-**

With a stable weight, results are long-lasting and rewarding.

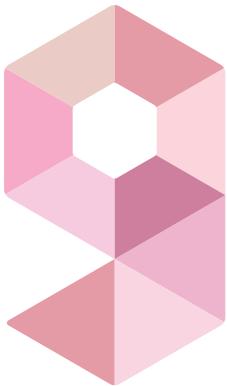
Monsplasty can be performed alone or alongside other cosmetic gynecological procedures such as labiaplasty, vaginoplasty, or tummy tuck. Together, these offer a harmonious body contour and enhanced comfort.



Take the  
**FIRST STEP**

Monsplasty is more than just cosmetic - it's about reclaiming your comfort, confidence, and quality of life. If you've been troubled by the appearance or function of your mons pubis, our experts are here to guide you.

This is general information issued in the public interest. Please contact your doctor for more details.



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