



UNDERSTANDING HYMEN REPAIR : YOUR GUIDE

Understanding your options
with RevAesthetic and Dr
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www.RevAesthetic.com.au/hymen-repair

Introduction. About Dr Nara.

REV AESTHETIC



COSMETIC SURGERY



Dr Kishen Nara is a distinguished surgical fellow of the Australasian College of Cosmetic Surgery and Medicine with a refined focus on intimate aesthetic procedures. A graduate of Monash University in Melbourne, Dr Nara has dedicated over two decades to medicine and surgery, culminating in a surgical fellowship in cosmetic surgery through the Australasian College of Cosmetic Surgery and Medicine.

At RevAesthetic, Dr Nara leads a discreet and highly experienced team devoted to offering tailored, thoughtful care. His approach to hymen reconstruction is grounded in patient trust, integrity, and genuine understanding of his patients' concerns. Every consultation is an opportunity to provide honest, balanced information—empowering each individual to make a confident, well-informed decision in a supportive and respectful environment.

As a key stakeholder in cosmetic surgery he is dedicated to advancing surgical techniques in cosmetic procedures and hymenoplasty as well as being actively involved in continuous professional development and national guidelines specific to cosmetic surgery and medicine.

Cate, our practice manager, has over 2 decades of experience in both medical and surgical teams. She values the history and multicultural diversity behind each individual patient. Each patient assessment is performed with passion and integrity.

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What is hymenoplasty



What does hymen really means?

There are different meanings to hymen. Some descriptions attune it to a thin and membranous layer of soft tissue at the entrance of the vaginal opening.

It develops as a normal biological process in almost all mammals.

How does the hymen get stretched, injured, torn or ruptured?

This may occur due to a variety of reasons such as being incidental, stretched during physical activities, or during sexual intimacy.

What are the variations to the hymen?

The 3 most common areas that patients have pertaining to the hymen. In most races, there are 3 walls of the hymen known as the lamella. The variations are discussed at your tailored consultation upon consent from previous patients.

What is hymenoplasty or hymen repair?

Hymenoplasty refers to the surgical repair of the hymen.

Where does RevAesthetic team care for patients who seek hymen repair?

This is performed at accredited and licensed facilities in Australia to ensure that patients are cared for in the best surgical standards in Australia.

Reasons for hymenoplasty?



Why do patients seek hymenoplasty or hymen repair?

1. **Personal reasons. We respect patient beliefs.**
2. **An elective choice prior to a wedding commitment.**
3. **Injury during a sporting event.**
4. **Incidental.**
5. **Injury during sexual intimacy.**



Who should not seek hymen repair.

1. **If you are pushed into surgery.**
2. **It is not the right time for you.**
3. **You do not have support available.**
4. **You have not had a thorough consultation.**
5. **Not confident about the options available for hymen repair.**
6. **Not confident about the care you will receive not just during but especially after surgery.**
7. **Pregnancy.**
8. **Recent or active infections, COVID, or other illness.**
9. **Active smokers .**

Your Consultation Journey.



All patients are assessed based on the guidelines as stipulated by the Medical Board of Australia.

We take pride in providing a consultation experience based on years of trust, skill, training and qualification specific to patients seeking hymen repair surgery in Australia.

Dr Nara is privileged to learn from his patients from diverse backgrounds, all age groups, various medical backgrounds and beliefs. This is particularly important in Australia since our multicultural society promotes respect of diversity and devalues discrimination.

Our patients come from all backgrounds around the world such as China, India, Israel, Mongolia, Iran, Iraq, Syria, Pakistan, Indonesia, Afghanistan, Sri Lanka, Egypt, Australia, etc.

Our tailored and personalised consultation includes at least 2 consultations prior to surgery. The consultation will be with our team at RevAesthetic and Dr Nara who will look into your concerns whilst understanding your respective backgrounds to match this to right selected choice of hymen repair surgery. A psychological assessment is also performed. All patients are encouraged to bring a family member or friend to attend the consultation.

There is a demonstration of the surgical technique used and any before and after images as per your request (previous patients consenting to display images) will be shown and the journey explained for your enlightenment.

We value your thoughts, beliefs, and more importantly your own personal journey.

This is your journey..

Surgical Technique.



There are a myriad of surgical techniques to perform hymen repair surgery.

The procedure can be performed under local anaesthesia with light sedation or under general anaesthesia. We are committed to provide the best standards for surgical care for our patients who seek hymen reconstruction or hymen repair in Melbourne, Tasmania and Adelaide. As such, we our medical team employs the best techniques possible to reduce discomfort, and maximise the healing process. This takes more time in surgery.

Are all hymen repairs the same?

The variations are more significant than most people think. As the anatomy and genetics of each individual are quite different, we value the differences of each individual patient.

Generally there are minor, moderate or severe separations. Within the types of tears, there are even more variations in terms of extensions, thickness and soft tissue elasticity.

Do you recall the descriptions of hymenoplasty in our section on what is hymenoplasty? At RevAesthetic, every effort and attention to detail is made to repair the 3 walls or 3 lamella of the hymen.

Considering the above, none of the hymen reconstruction surgeries are the same.

However we have the same approach for each patient by ensuring their trust, confidence and integrity.

We consult patients who seek hymen repair in Melbourne, Tasmania and Adelaide.

Recovery and Aftercare.



What to expect during the recovery phase?

You must understand that when you have any procedure, your body will go through the normal healing process. The soft tissues try to heal. In doing so and on a practical basis, this translates to several symptoms that a patient may experience including but not limited to:

- swelling
- bruising
- discomfort
- transient stinging on urination
- light headedness
- numbness
- bleeding

What does my aftercare look like?

All patients are contacted frequently at specific designated intervals after surgery. Follow-up at clinic will occur within the first week following surgery.

Instructions will be provided to our patients for the management of bleeding, swelling and infection control.

Our friendly female nursing staff will reach out to our patients so that they can ask as many questions as they like.

Principle: As surgery is significantly varied from patient to patient, so are our tailored aftercare plans.

Disclaimer: Due to the highly sensitive nature of the procedure, images which contain nudity are only shown at the consultation upon patient request and consent from previous patients strictly for educational purposes pertaining to hymen repair. We thank our patients who have provided consent for the images to be used.

Potential risks of surgery



We value our patients and make every effort to reduce the risks of complications by providing the best standards of surgical care, before, during and after surgery. Even so, complications may occur.

Known risks

- Bleeding - an accumulation of blood after surgery, this may be due to any reason. If the accumulation of blood is moderate this may require evacuation of the blood clot in theatre.
- Infection - infection may occur around the genital region. This may present as pain, swelling, discharge and redness following surgery. Strict adherence to postoperative instructions are essential.
- Wound dehiscence - this may occur due to swelling or over strenuous activities following surgery. This may require return to theatre to re-approximate the wound edges.
- Numbness - this is usually temporary but may be persistent. The small nerves around the labia may be swollen or injured which translates to the feeling of numbness or an altered sensation.
- Discomfort - all patients have varying degrees of pain which are controlled with medications, compliance and after-care follow-up.

Uncommon risks

- Deep venous thrombosis - this is where a clot forms in the deep venous system of the lower limbs which may potentially become a pulmonary embolus which may be fatal.
- Losing the skin or necrotic skin - this may occur due to overstretched skin or poor blood supply.
- Prolonged discomfort.
- Prolonged numbness.

Frequently Asked Questions



Derived from www.RevAesthetic.com.au/hymen-repair and RevAesthetic medical teams's personal experience during the consultation process.

- Is hymen repair right for me?
- Does hymen repair with RevAesthetic actually work?
- Will surgery make it bleed again?
- Can I or anyone tell if this has been repaired?
- Is it painful and what type of anaesthetic is used?
- How long is the surgery?
- Is it a day procedure?
- How much does it cost?
- Is the recovery easy?
- When can I get back to work?
- When can I get back to the gym?
- Am I ready for this?
- What are the best options for me?
- What is the best technique for me?
- Will I be confident in the team that will look after me?
- How can I get a good consultation and will it be confidential?

These are some of the questions the medical team at RevAesthetic gets asked. We are here to enlighten you and empower your experience if we are the right fit for you. If you think some of these questions resonant with you, feel free to get in touch with us to secure a consultation.

Preparing for Surgery.



All of our patients are encouraged to think ahead and make the necessary arrangements for work, family, pets and lifestyle activities. Each patient will have an individualised plan to prepare for surgery. This varies from person to person.

Some considerations are as follows (tick to organise yourself) :-

- ☐ Instructions from surgical team, anaesthetic team and hospital.
- ☐ Family
- ☐ Children (Some patients elect to have hymenoplasty)
- ☐ My medications
- ☐ Work - Time off work!
- ☐ Transport
- ☐ Accommodation
- ☐ Flights
- ☐ Carer arrangements after surgery.
- ☐ Gym - Time off from the gym
- ☐ Communication - speed dial numbers for emergency and RevAesthetic team.
- ☐ Follow-up appointment.



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[www.RevAesthetic.com.au/hymen repair](http://www.RevAesthetic.com.au/hymen%20repair)

For referrals please send to our medical director: -

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Thank you for reading the “Understanding hymen repair” guide and get in touch should you wish to book a consultation with us!