

# Plump It Up

By Catherine Laughlin

So you're looking for something to give your sex life a shot in the arm? How about a shot in the spot that gets the party started?

The varied fields of plastic surgery are growing by leaps and bounds, with one segment in particular that is booming - vaginal rejuvenation and augmentation - technologies that promise to enhance bedtime frolicking.

Have I gotten your attention yet?

While men have been able to pop a blue pill to play wildly in bed, women have had to undergo the knife with a cut and slice scenario for a tighter, closer, or snuggler nether region. Yikes! Is the pain worth the gain?

The latest in this juicy segment of below-the-waist enhancement is called the G-Shot done rather simply and without surgery. The G-Shot is a collagen shot administered to the G-Spot and is done in the doctor's exam room. The procedure temporarily plumps up the G-Spot area to the size of a quarter, making it easier to arouse. The entire procedure lasts about 20 minutes. This quick sex shot could be squeezed in during the lunch hour, between picking up the dry cleaning and ordering a turkey wrap.

The G-Spot was named after German gynecologist Ernst Grafenberg, who first wrote and described it in the 1950's. Practitioners of tantric sex have ballyhooed this sacred spot for over 1,000 years. The G-Spot is located on the front wall of the vagina. It's not really a spot. It's more of an area. Though doctors and scientists are still debating if there is such a thing, the G-Spot is believed by some to be a collection of nerves that when stimulated can be aroused.

In the ever popular world of cosmetic

surgery, it should not be surprising that collagen can now be used in the G-Spot. It is no secret that it's been used primarily for contouring: plumping lips, erasing facial wrinkles, or covering acne scars. You know, for vanity's sake. But now, collagen actually has a functional purpose. And while a patient's coworkers will not be able to notice any outward changes, emotionally, a woman might start to feel more sexually alive (imagine the water cooler gossip: "she sure seems happier lately...").

Cosmetic gynecologist Dr. David Matlock of Beverly Hills is considered the pioneer of the G-Shot. Dr. Matlock, who is featured on E! Entertainment's Dr. 90210, runs the Laser Vaginal Rejuvenation Institute.

"During my spinning class I have this smile on my face and people think that I am enjoying my workout but actually I am sexually aroused," reads a woman's testimonial from one Dr. Matlock's website ([www.thegshot.com](http://www.thegshot.com)). Another woman adds, "Thanks to the G-Shot, I am always turned on."

So, who should have the shot? Dr. Erik Smith, who has been doing injections since April at the Center for Body Contouring in Philadelphia, says the shot is for women who want to bring extra pleasure to their sex lives. Dr. Smith, a member of the American Academy of Cosmetic Surgery, trained with Dr. Matlock.

"The shot is for women who are already having a normal functioning sex life," says Dr. Smith, a soft-spoken man. He is also a member of the American College of Gynecology. "The idea is to augment or enhance the Grafenberg spot to allow the

surface area to get excited faster." But can't women achieve the same results by just learning how to arouse this area naturally? Maybe. But the merits of the G-Shot can get the arousal quicker. More times than not, Dr. Smith does a double-shot which amounts to about 2.5 milliliters of collagen which "works much better."

Dr. Smith acknowledges that the shot is not for everyone. If a woman is suffering from some sexual dysfunction, the G-Shot probably will not help her sex life. So if you are the inhibited type, the G-Shot probably will not transform you into that sexy siren in bed.

Dr. Donald DeBrakeleer, who has offices in Lansdale and Bala Cynwyd, also learned how to administer the shot from David Matlock. Dr. DeBrakeleer is also a board certified Ob-Gyn. "I try to counsel women in my practice about orgasms. Most women understand the differences between orgasms." He is quick to point out. "A woman who does not have vaginally stimulated orgasms will not benefit from the shot." Both doctors admit, however, that about 13 percent who do get the shot do not feel any enhancement whatsoever.

Before receiving the shot, a patient must undergo a consultation with her doctor. Then after signing the usual consent forms, she is left alone in the exam room to find her G-Spot (I'll leave that part to your imagination.) A local anesthetic is injected

## Find Out More

Dr. David Matlock:  
[www.drmatlock.com](http://www.drmatlock.com)  
[www.thegshot.com](http://www.thegshot.com)

Dr. Erick Smith:  
[www.lvri-pa.com](http://www.lvri-pa.com)

Dr. Donald DeBrakeleer:  
[www.lvriphilly.com](http://www.lvriphilly.com)

and then the collagen is administered. Total injection time is about 8 - 10 minutes. The results are immediate.

Initial thoughts suggest this shot would be popular with the loose and panty-free crowd, the Lindsays and Parises. Not so, says Dr. Smith. "There are some younger women coming in, but most are not." He says that most of his patients are married, between the ages of 35 and 50. Dr. DeBrakeleer agrees that most of his patients tend to be older – in their 30's and 40's.

But not everyone thinks jabbing needles into private parts is such a great idea. Dr. Christopher Fariello is a sex therapist at the Institute for Sex Therapy in Philadelphia. He worries that this is another device being marketed to the wrong people.

"Obviously, people want to have or create more pleasure in their sex lives, whether it be breast enlargement or any augmentation. The G-Shot is another opportunity for people to gain pleasure," says Dr. Fariello. "But, in fact, my business increased after Viagra came out because people thought this would help (their sex lives.) But it didn't. So, their doctors told them to see a therapist. I usually encourage people to work with what they have before doing anything, because this is your body."

But for those who believe in the results, or are at least willing to take a shot at it, the procedure is said to enhance your G-Spot for about four months at a cost averaging \$1,800. The next procedure can be done quicker because all the measurements are maintained in your medical file. Clearly, some women are pleased with their new level of sexuality and want more.

"I do have repeat customers," says Dr. Smith. "They are very satisfied." **g**

*Cathi Laughlin has written for publications in the South Jersey and Philadelphia areas, and for online travel sites highlighting places she and her family have visited. She's worked in the public relations and tourism industries for many years, and now writes from her Riverton, New Jersey home, where she lives with her husband, Jerry, and four children.*

