What is your diagnosis? Labial adhesions: Classification and treatment

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Description
Labial adhesions are defined as fusion of the Labia minora in the midline. It is one of the most common pediatric-gynecological problems with an estimated prevalence of 0.6 to 5%, with a peak incidence between 13 to 23 months of age. Chronic inflammation of the labia minora combined with the hypoestrogenic state of the female infant is considered as the possible explanation of the condition. The labia minora stick together in the midline, usually from posterior to forwards until only a small opening is left anteriorly through which urine is passed and present as labial adhesions. LA is a common reason for consultation with pediatric gynecology. Thorough physical exam including genital exam is highly advocated for early and accurate diagnosis of the type of adhesions followed by appropriate treatment and follow up. Educating the parents about the etiology, treatment options and the chances of possible recurrence of this clinical entity along with age adjusted hygienic measures are highly recommended.