

Oscar A. Aguirre M.D.

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COMPANY

Pelvic Specialty Care
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AREAS OF EXPERTISE

Urogynecology, aesthetic vaginal surgery, cosmetic surgery.

AFFILIATIONS

American Medical Association, American College of Obstetricians and Gynecologists, Fellow of the American College of Obstetricians and Gynecologists, American Board of Obstetrics and Gynecology, American Urogynecologic Society, International Urogynecological Association, American Academy of Cosmetic Surgery, American Academy of Cosmetic Gynecologists, International Society for the Study of Women's Sexual Health, American Association of Gynecologic Laparoscopists.

EDUCATION

B.A. from the University of Colorado at Boulder in molecular, cellular, and developmental biology; M.D. from the University of Colorado Health Sciences Center; residency in obstetrics and gynecology at the University of Kansas Medical Center; fellowship in female pelvic medicine and reconstructive surgery.

What brought you to Colorado?

I moved to Denver, at the age of four when my father was transferred here from La Paz, Bolivia, as a mining engineer. I left for four years for my residency and couldn't wait to come back.

Describe your perfect evening out in Denver.

Going out to the many great restaurants with my wife and friends. We have monthly dinners where each couple chooses a different restaurant. Last year, my wife, Rachel, and I chose Frasca Food and Wine, and then we all went to bars on Pearl Street [in Boulder]. It was nostalgic, in a way, since I had walked Pearl Street many times as an undergrad.

What is your favorite thing about living here?

The wonderful weather and numerous outdoor activities that are in close proximity. I enjoy going to the mountains in the winter for skiing and in the summer and spring/fall for hiking and mountain biking. Playing tennis with my wife and children is also a big deal to us.

Tell us a little about yourself and your work.

I'm often asked, "How did you choose this specialty?!" My answer is always, unequivocally, because of Louise Brown, who was the first test-tube baby, born in 1978. I was 11 years old when I saw the lead story on the *Today* show, and they were interviewing the doctor who performed her mother's treatments. Since that day, I was convinced that was what I wanted to do. As a result, I went to medical school, then did an Ob/Gyn residency.

This was not very well accepted by my father, who wanted all his children to be engineers, more specifically geologists. I was the third of four children who attended Colorado

School of Mines. He made an appointment for us with the dean of the medical school when I was in ninth grade to convince me that I could still attend medical school, even with an engineering degree. But after one year at Mines, I'd had it. This was not the college experience I had envisioned. There were very few women, so I'd drive up to Boulder as often as I could. I transferred to CU after the first year.

I was introduced to urogynecology during medical school, and by my residency, I was convinced this was my specialty. Urogynecologists treat women with urinary incontinence and pelvic relaxation disorders often requiring reconstructive pelvic surgery, procedures that require an intricate knowledge of pelvic anatomy and understanding of how all the different components work together. In a very small area, there are issues relating to bladder, bowel, vaginal, and reproductive function.

Disorders of this area are most often caused by vaginal deliveries. During residency, when I was involved in obstetrics and delivering babies, I saw firsthand the trauma that some women have with deliveries, yet other women do just fine. There was little information about how to prevent these problems from happening. I therefore completed a fellowship in female pelvic medicine and reconstructive surgery. I then became medical director of the first urogynecologic practice in the Rocky Mountain region, founded in 1992.

As a preeminent pelvic surgeon, providing urogynecologic care for 10 years, I have seen thousands of women who have functional and aesthetic concerns related to vaginal relaxation. In repairing these conditions, one really has to take into consideration the reconstructive nature of these repairs but also the aesthetic appearance that women long for. To address both functional and aesthetic concerns, in 2007, I founded the Laser Vaginal Rejuvenation (LVR) Institute of Denver, providing cosmetic gynecologic surgery, which can be divided into two categories. LVR involves sexual enhancement, and designer laser vaginoplasty (DLV) is aimed at cosmetic enhancement. Functional concerns include vaginal looseness, uncomfortable intercourse, and difficulty attaining orgasm. Aesthetic concerns include large or dark labia or a gaping introitus. These conditions can be treated with procedures including vaginal rejuvenation, vaginoplasty, labiaplasty, and labia sculpting.

The majority of these surgeries are done in my office under local anesthesia with no need for an IV. This represents a significant savings because there are no costs for an anesthesiologist or operating room time. More importantly, these procedures are done in the privacy of my beautifully furnished, state-of-the-art office.

I also specialize in body contouring surgery, offering awake-in-office liposuction using Smartlipo and Vaser Liposelection. These surgeries are done under local anesthesia as well with minimal post-op discomfort.

