

PATIENT INFORMATION  
**VAGINAL OPENING OPERATION**  
BEFORE AND AFTER



Engelska

**SÖS**

**SÖDERSJUKHUSET**

## **What is female circumcision?**

During female circumcision, all or part of the external genital organs are removed. This can lead to a variety of problems. The problems will vary depending on how the circumcision was conducted. In the case of a pharaonic circumcision, the labia, or lips of the vagina are sewn together, thus making the vaginal opening tight.

These are some of the problems that may occur when the vaginal opening is too tight:

- Sexual intercourse may be painful and sometimes difficult.
- It may be difficult to urinate.
- There may be menstrual difficulties.
- Vaginal childbirth and vaginal examination during childbirth may be difficult.

## **Operationen:**

If the vaginal opening is too tight, we are able to perform an opening operation. This is called deinfibulation.

The person who performs the operation (the doctor) will open the skin bridge that causes the vaginal opening to be too tight, and will then sew the edges to each side using surgical thread. Sewing is used during this operation as it promotes healing, decreases pain, and prevents the vagina from closing again during the healing process. The stitches remain for 3 weeks and then dissolve on their own.

You will be anaesthetised during the operation so that you do not feel the pain. If you are pregnant, you will receive spinal anaesthesia instead.

## **Before the operation:**

- You should shower and wash your hair using regular soap and shampoo the evening before the operation. On the morning of the operation, you should take a shower, but you do not need to wash your hair. Do not use makeup. Remove all jewellery and body piercings. Leave your valuables at home.
- You may not eat food, or drink milk products or juice after 2am. You may drink water until 6am on the morning of the operation. You may not smoke, take snuff, chew gum, or ingest lozenges after 2am on the night before the operation.

**You should come to the gynaecology clinic at 7am on the day of the operation (this is the same place that you met your doctor) on level 0, Lift B, and register at the reception desk. The reception desk opens at 7am. You will then be referred to department 72 on level 2, Lift A.**

## **After the operation:**

- Rinse your vaginal area with water but avoid using soap.
- Avoid having sexual intercourse for at least 4 weeks after the operation, or until the wound has healed.
- You may feel pain during the first few days after the operation. Please use Alvedon as a pain reliever. You will get an anaesthetic gel to take home with you to relieve the stinging sensation. You can apply this gel several times a day.
- You may find it more comfortable to rinse your vaginal area with water while you urinate.
- The pain in the vaginal area should improve each day.
- Avoid physical exercise for 3 weeks.
- If necessary, you may take sick leave for up to one week after the operation.

If your temperature is higher than 38 degrees Celsius, or if your pain gets worse, please call department 72 immediately on the following number: **+46 (0)8 616 12 72**

If you have any questions prior to the operation, you are welcome to call the surgical planning department on the following number: **+46 (0)8 616 27 12**



## SÖDERSJUKHUSET

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