



the women's
the royal women's hospital
victoria australia

AFRICAN WOMEN'S CLINIC

REVERSING YOUR CIRCUMCISION

About the reversal

A nurse will do your reversal. You will be awake, but you will be given a local anaesthetic to make the area numb.

Before coming to hospital for your appointment, apply the anaesthetic cream given to you. This will help to numb the area, making it more comfortable when you have the anaesthetic injection. If the procedure is done at your first appointment, the nurse will make sure that the cream is put on and given time to take effect before starting your procedure. The reversal will take 30 to 40 minutes.

Afterwards, you will be given a urinary alkalizer (a medicine to make it easier to pass urine) and you will stay at the clinic for another 30 minutes to recover, and then you can go home.

It is a good idea to have someone stay with you and take you home afterwards.

After the reversal

Your body will feel different after a reversal. For example:

- When you pass urine, it will pass faster and stronger. It will also be noisier.
- Your period flow may be shorter, heavier and more intense. You may also have less pain and fewer clots.
- Sex will be less painful and your vagina will feel looser due to wider vaginal entrance.

It is important to come into the Women's Emergency Care, visit your GP or your local Emergency Department if any of the following happens:

- You are concerned about the amount of bleeding.
- You can't pass urine.
- You have pain from your stitches which is getting worse.
- You have a fever, chills or a general feeling of being unwell.
- You have a vaginal discharge which has a bad odour.

Looking after yourself

You may feel sore after the reversal. You may have swelling and feel uncomfortable when you go to the toilet. You may also have slight burning for a few days, this is normal.

Here are some ideas on how to ease your discomfort and look after your stitches.

- Take gentle pain relief such as paracetamol
- Use ice packs regularly on the first day, this will help the swelling to go.
- Warm salt baths can be soothing.
- Change your pads often.
- After your shower or bath, gently pat the area dry with a clean towel to prevent infection.
- Keep a jug of clean water next to the toilet at home. After using the toilet, wash down the area and pat dry.
- Your stitches will dissolve on their own and disappear over time.
- You will need to rest for three to four days until you have fully recovered. Avoid heavy housework.
- You can start having sex again after three weeks or when you feel comfortable.

Follow-up

We will see you again in four weeks. This is to make sure you are healing well. An appointment will be made before you go home.

Clinic contact details

The FARREP workers are available Monday to Friday, 9am to 5pm.

T: (03) 8345 3058

E: farrep.program@thewomens.org.au

Or contact the FARREP worker at your local community health centre.

Related information on the Women's website:

- The African Women's Clinic
- Cream application (for reversing your circumcision)