

African Women's Clinic

Information about deinfibulation: a procedure to open your vagina



the women's
the royal women's hospital

What is the procedure?

Some people who have experienced traditional cutting have had their vagina closed. If you want a procedure to open it (called deinfibulation), we can help you.

A nurse/midwife can safely open this area so that urine (wee) and period blood can pass more easily. It will also make it possible to have sexual intercourse.

You will be awake during the procedure, but the area will be numbed with a local anaesthetic.

Before your appointment, apply the anaesthetic cream we gave you to numb the area a little. It will make it more comfortable for you to have a local anaesthetic injection. The cream will numb the area, and then the injection will numb the area more.

The procedure will take 30 to 40 minutes.

Afterwards, we'll give you medicine to make it easier to wee. 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 after the procedure.

After the procedure

Your body will feel different after the procedure. For example:

- your wee will come out faster, stronger, and louder
- your period may be heavier and more intense, but you'll have less pain and fewer clots
- sex will be less painful, and your vagina may feel looser because the entrance is wider.

It's important to come into the Women's Emergency Care, visit your local doctor (GP), or your local Emergency Department if you:

- are concerned about the amount of bleeding
- can't wee
- have pain from your stitches which is getting worse
- have a fever, chills or generally feel unwell
- have discharge from your vagina that smells bad.

Looking after yourself

You may feel sore after the procedure. You might have some swelling and feel uncomfortable when you go to the toilet. You may also feel a slight burning sensation for a few days. This is normal.

Here are some ideas to help ease your discomfort and take care of your stitches:

- take gentle pain medicine like paracetamol
- use ice packs regularly on the first day to reduce swelling
- soak in a warm salt bath to soothe the area
- 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. After using the toilet, rinse the area and gently pat it dry
- the stitches will dissolve by themselves in 10 to 14 days
- rest for 2 to 3 days
- avoid heavy activities and housework.
- you can have sex again after 3 weeks or when you feel ready.

Follow-up

We'll see you again in 4 to 6 weeks to make sure you're healing well. We'll book your appointment before you go home.

Contact details

The Family and Reproductive Rights Education Program (FARREP) workers are available Monday to Friday, 9am to 5pm.

T: (03) 8345 3058

E: farrep.program@thewomens.org.au

F: (03) 8345 3053

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

Search our website for more information:
www.thewomens.org.au/health-information

Language link

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للحصول على المعلومات بلغتكم زوروا موقعنا الإلكتروني

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Để biết thông tin bằng ngôn ngữ của quý vị, hãy truy cập trang mạng của chúng tôi

Do you need an interpreter?



Interpreter

You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au

Disclaimer: This fact sheet provides general information only. For specific advice about your healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you require urgent medical attention, please contact your nearest emergency department.

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