

Deinfibulation to treat female genital cutting or mutilation (FGM)

Women's Services

Information for Patients

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Introduction

Female genital mutilation (FGM) is also known as female circumcision. It is carried out in about 30 countries in Africa and the Middle East. It involves cutting and/or removal of parts of the external female genitalia. Sometimes there is also partial 'closure' of the vagina. There are 4 different types. This practice has no health benefits and can cause serious health problems.

FGM Clinic

Examination and procedure

If you come from a country where female genital cutting is practiced and you are pregnant, your midwife will ask you if you have been cut and if so refer you to the clinic.

If you are not pregnant, you can ask your GP to refer you or make an appointment yourself.

There are 4 different types (see pictures). They all can cause physical and psychological problems.

Type 3 can cause problems with having sex and problems during childbirth. The vagina needs to be "opened" and this can be done with simple procedure called deinfibulation.

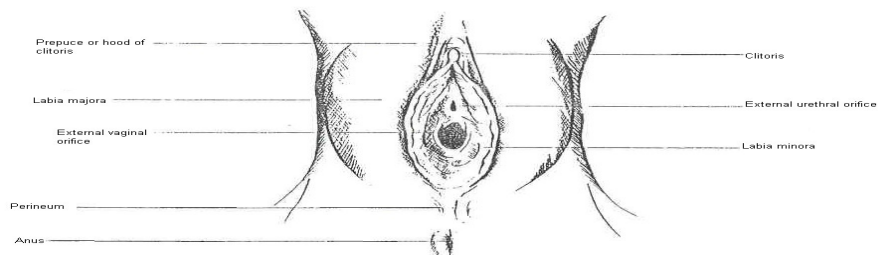
This should ideally be done before labour, during pregnancy (around 20 weeks) or outside of pregnancy. Some women choose to have this done during childbirth.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

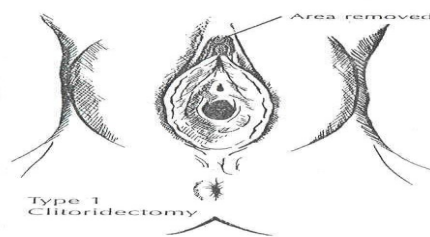
Types of female genital cutting

Uncut female anatomy



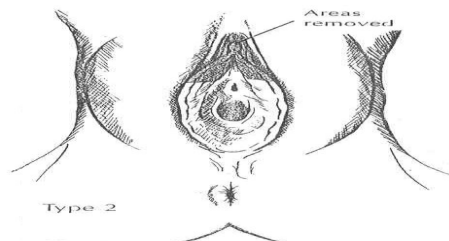
Type 1

Removal of clitoral hood (prepuce) and/ or total removal of the clitoris.



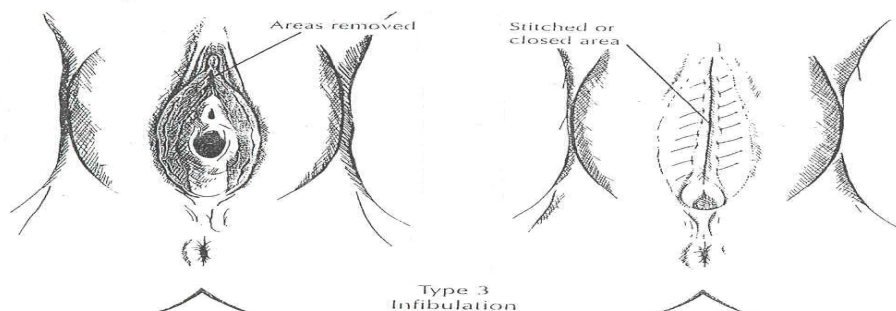
Type 2

Partial or total removal of the clitoris plus part or all of the lips that surround the vagina (labia minora), without the removal of the larger outer lips (labia majora).



Type 3 (infibulation)

Narrowing the vaginal opening by creating a seal, formed by cutting and repositioning the labia. This covers the tube that carries pee out of the body (urethra) and vaginal opening. It leaves only a small opening for the passage of pee (urine) and menstrual blood. The clitoris may be removed.



Type 4

Unclassified. It includes other harmful procedures to the female genitals, such as pricking, piercing, cutting, scraping or burning the area.

After the procedure

What to expect?

- There will be slight discomfort, particularly when peeing (passing urine) for a week to 10 days.
- You will have some stitches which dissolve on their own
- You will have slight bleeding for a few days.

What to do?

- Have a daily bath (without soap or disinfectants or salt) or shower to keep the area clean
- Do not use creams or ointments
- Do not have sex until it has healed completely (about 2 to 3 weeks)
- The stitches will dissolve on their own, some may fall out
- If you are very sore, or the area looks red and swollen, contact your GP or contact the clinic directly (see number next page)
- You will be reviewed in our clinic in 4 to 6 weeks.

In the UK it is illegal to perform any genital cutting for non-medical reasons. It is also an offence to carry out FGM abroad, or aid, abet, counsel or procure the carrying out of FGM abroad even in countries where the practice is legal.

It is also illegal to close the original scar after childbirth.

If you give birth to a female child, the family history of FGM will be added to the child's health record on the NHS spine.



What information does the NHS collect about you?

We collect general information such as your name, date of birth, NHS number and the country you were born in. This is known as personal confidential data. We also collect information about FGM such as the type of FGM, your age when FGM happened and any family history of FGM.

We have to, by law, send a report on the number and types of FGM cases that we see. This information is published as an official statistic. This complies with UK Statistics Authority rules. Keeping your information secure is important to us and no patient confidential data is ever published or passed to third parties.

You can object to your personal confidential information being collected. To do this you must tell your GP and other healthcare providers that you want to stop information that identifies you from being collected. You can also object to your data being used by emailing enquiries@nhsdigital.nhs.uk.

Sources of information and support

You can contact the FGM clinic on 0116 258 7770

There are website that you might find useful, such as:

<https://www.nhs.uk/conditions/female-genital-mutilation-fgm/>

<https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/fgm/>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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