

- Clean and care for the wound as explained, once a day after showering, for one month.
- Keep the area clean and dry at all times and use tampons.
- Maintain a balanced diet rich in healing foods.
- Rest and take painkillers as needed.

RECOMMENDATIONS

- Do not play sports or put pressure on the area during the first month.
- Do not have sexual intercourse or touch or rub the area during the first month.

WHAT TO AVOID

■ CONTACT

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CARE GUIDE BEFORE AND AFTER RECONSTRUCTIVE SURGERY

- All the steps to follow to prepare for the surgery and properly take care of the wound.

■ Once the wound has healed, sexual therapy with the Unit's sexologist begins.

WHAT IS FGM?

Feminine genital mutilation is the partial or total removal of the external female genitalia for non-medical reasons. It is practiced in different communities and ethnic groups around the world to control women's bodies and sexuality. It is a harmful cultural practice with physical, sexual and psychological consequences that affect women's health and well-being.

■ That is why the FGM Reconstruction Surgery Reference Unit of the Valencian Community offers survivors the opportunity to improve their quality of life.

BEFORE THE SURGERY

The surgery involves bringing part of the internal structure of the clitoris to the surface in order to restore sensitivity.

1 Appointment with unit's sexology

2 Appointment with gynecology

3 PRE-SURGERY

4 SURGERY

- Come showered
- Empty stomach
- On comfortable clothes

POST-SURGERY CARE

- Clean the wound with water, soap, serum and Cristalmina



- Once the area is dry, apply Film Olio cream and a bandage (Lunitul)



- Place a gauze pad over the area for protection

