



Vulval clinic

Angered's närsjukhus

A specialized gynecological clinic.



Vulval clinic Angered

Vulval clinic Angered is a specialized gynecological clinic that can help you with:

- problems with vulvar pain and superficial pain during intercourse.
- problems caused by female genital mutilation/cutting/circumcision.

Our staff includes gynecologists, midwives, counselors, sexologists, physiotherapists and nurses.

Focus areas

Pain

The specialized clinic for **pain** aims to help patients with long-term vulvar pain or superficial pain during intercourse (vulvodinia or vaginismus).

Getting rid of long-term pain often requires treatment over a longer period of time and working with several different healthcare experts. This type of treatment is tailored to the needs of the individual. We offer both physical visits to the clinic and digital visits. We also organize vulvaskola (vulval support groups).

Female genital mutilation/cutting

The clinic is also specialized giving care to patientens who have undergone **female genital mutilation/cutting/circumcision**, also known as FGM/C.

Problems caused by FGM/C can take different forms. Some of the symptoms include painful memories, boils, difficulties urinating and pain during menstruation and sex. We can help victims by providing surgeries and treatment of their physical problems, as well as advice, support and counseling sessions. We have many years of experience and meeting women with FGM/C.



About vulvar pain

Pain in the vulva can be experienced in different ways. There may be a burning or stinging sensation, or it may hurt when you insert something into the vagina.

Pain is usually caused by pain nerves in the vulva having become more sensitive or having an unusually tense pelvic floor. The pain may become noticeable in different situations, such as during penetrative sex, when using a tampon, during activities such as horseback riding/cycling, or during a gynecological examination.

To make a diagnosis of vulvodynia or vaginismus, other diagnosis than vulvodynia or vaginismus must first be ruled out.

About female genital mutilation/ cutting/circumcision

FGM/C means having parts of the external genitalia removed and/or sewn together.

In cases where the inner or outer labia are sewn together, we recommend a minor surgery.

The surgery can make it easier for you if you have difficulties urinating, if you have a lot of pain during your period and if you have difficulties emptying menstrual blood, have pain during sexual intercourse, or if you are pregnant and about to give birth.

You will always be given an anesthetic during the surgery so that you do not feel any pain. At the vulval clinic, we can support and help you according to your needs and wishes.



Do you want help?

The school health service, youth guidance center, antenatal clinic or health center can help you by making a referral to us. You can also write a self-referral. You can find the self-referral form on the Angereds närsjukhus website:

- www.angeredsnarsjukhus.se/egenremiss

You are always welcome to contact us if you have any questions or if you just want to talk.



Self-referral

Contact

Angereds närsjukhus, Halmtorget 1, Angered

Phone: 031 – 332 69 02

- www.angeredsnarsjukhus.se/vulvamottagning

1177

You can also contact us through 1177.se



1177.se

