



What Is Hymenoplasty?

More and more women are seeking Hymenoplasty, or reconstruction of the hymen, for a variety of reasons. Hymenoplasty is actually the surgical repair of the hymen, a membrane that partially closes the opening of the vagina. In many cultures and religions, an intact hymen is traditionally taken to indicate a mark of virginity.

Due to reasons other than intercourse, such as vigorous exercise or tampon insertion, the hymen becomes torn or ruptured. Under such circumstances, many women want their hymen reconstructed, which can be accomplished through a Hymenoplasty.

Dr. Ochieng and his caring, professional staff understand the discreet nature of the need for this type of surgery and, as always, all information will remain strictly confidential. We offer a sensitive, professional approach to the procedure.

Reasons to Consider Hymenoplasty

There are many reasons why a woman might consider undergoing a hymenoplasty procedure. They include:

Cultural or religious reasons. In some cultures, having an intact hymen is very significant as it acts as a signifier of the chastity of a woman. Whether during sexual activity or otherwise, a woman's hymen can tear. Having cosmetic surgery to restore the hymen is a way of proving virginity and chastity.

Psychological healing. If a woman has suffered rape or sexual abuse, it is very likely that her hymen will have torn. As a way to repair the psychological damage of this kind of abuse, some women choose to have hymen surgery to restore them both physically and mentally to the time before the abuse.

Injury to the hymen. For some women, having an intact hymen that becomes broken during a first sexual experience is very important. In some instances, the hymen can tear before intercourse. Use of tampons and vigorous exercise can all tear the hymen, and in the case of a hymen being torn because of these activities, hymenoplasty offers a surgical solution.

Revirgination. When a woman begins a relationship with a new partner but has already broken her hymen during sexual intercourse, she may wish to have her hymen surgically restructured.

Am I a Candidate for Hymenoplasty?

We guarantee 100% privacy.
Your information will not be shared

The best candidates for this procedure are healthy women with realistic expectations about the procedure. Hymen reconstruction and repair may provide a woman with the appearance of virginity, or satisfy religious or cultural requirements.

For women who are having the surgery for revirginization, the surgery should be performed at least 6 weeks prior to the day of their wedding. Because this procedure is not medically necessary, the candidate should have a strong personal desire to restore their hymen.

During your consultation, the doctor will:

Review your medical history and any medications you are taking

Discuss the procedure and any related procedures

Provide recommendations based on your needs and goals

The surgery is performed under local and you will be able to leave for home shortly after the surgery is completed. The surgery is almost painless. You might feel discomfort as the anaesthesia is being injected. You can resume duty the day after.

Hymen reconstruction surgery is the surgical repair of a torn hymen. During the surgery, Dr. Ochieng will excise the torn edges of the hymen before stitching it back together using fine, dissolvable sutures. When the surgery is completed, there is no apparent scarring and the hymen appears intact. After an uncomplicated surgery, subsequent sexual intercourse will typically tear the membrane.

The Recovery Process

Because the hymenoplasty is an uncomplicated procedure done under local anaesthesia that takes anywhere less than 30 minutes, your recovery is rapid. You may experience some spotting for the first 48 – 72 hours, along with some discomfort. During the days following the hymenoplasty you will have some discomfort, which will be easily managed with pain medication prescribed by Dr. Ochieng

Full healing takes from 4-6 weeks. You can usually go home a short time after your procedure, but resting and relaxation is important. Protecting your hymen after surgery is crucial, as it will take time to heal. Hymenoplasty has its own unique recovery protocols, which include:

Abstain from sex: Sexual activity will exacerbate any pain and soreness, so you will have to

Avoid tight underwear: Don't wear underwear like thongs for at least 1-2 weeks after surgery

Avoid tampons: Use sanitary napkins for at least 6 weeks

Sit in warm saline baths on alternate days for 15 minutes, it prevents infection and soothes your perineum

Possible risks

The risks are rare but can occur e.g. bleeding, infection, anaesthetic reaction. Our team is well prepared to mitigate some of the possible complications