

Your GOOD HEALTH

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After washing her hair, Amy felt really uncomfortable down there...



You'll KNOT believe it!

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Rinsing the conditioner out of my hair, I let out a sigh.

'Ah, that's better,' I said as I stepped out of the shower and wrapped my tresses in a towel.

I'd had a long day at work and couldn't wait to relax with my husband Pete and have some dinner after a nice, long hot shower.

I chucked on my comfies, made my way to the living room and settled on the sofa.

Only something didn't feel quite right.

I had to rearrange my underwear as I had a weird, niggling wedgie feeling that wouldn't shift.

Popping to the loo, I had a closer look.

But as I shifted my knickers around, I couldn't ease the feeling of discomfort.

'You OK, love?' Pete asked when I joined him.

'Something doesn't feel right down there,' I replied.

'Shall I have a look?' he asked.

I lay down on the bed and, with his phone torch in his hand, he had a look between my legs.

'Yep, I think I can see the problem,' he said. 'A hair has

wrapped around your labia.'

My eyes widened. 'But how?' I asked.

I realised it must've been a stray hair from while I was washing my hair.

'Don't panic, I'm sure we can fix it,' he said. 'Maybe I can cut it off?'

'You're not going down there with scissors!' I gasped. 'Maybe a hot bath will loosen it.'

Pete started researching online and came across a forum where a woman had written that the exact same thing had happened to her.

'She had to go to A&E,' Pete said.

As time ticked by, I realised we couldn't waste another minute.

I wasn't able to see, but Pete told me that my labia had started turning white.

We hopped in the car and made our way to our local hospital.

Luckily we made it 20 minutes before it closed.

I explained the issue to one of the nurses on reception who took me to a private room to assess me.

'You've got hair

tourniquet,' she said.

'What's that?' I asked.

'It's where a strand of hair gets wrapped tightly around a body part, such as a finger or toe, or even genitals,' she said. 'It's most common in babies but can happen to adults.'

My jaw dropped.

'What I'll do is gently remove the hair with a pair of plastic tweezers,' she said as she got to work.

After a few gentle tugs, the hair was removed and I felt instant relief.

'It's a good thing you saw us

and didn't leave it overnight, as the hair would've cut off circulation to your labia,' she said. 'You might've lost it and been left with an open wound.'

Thank goodness I came in, I thought. And thank goodness for Pete's online research!

Later that week, I was telling my friends what had happened to me over a cuppa.

'My friend's dad had that happen when he was a baby,' one of them piped up. 'He had a hair wrapped around his finger and he ended up losing the tip.'

I was so shocked that something so seemingly harmless could have such extreme consequences.

I'm now so vigilant about checking everywhere – especially my genitals – to make sure there's no hair wrapped anywhere it shouldn't be.

I've since even braved the chop, opting for a shorter do, so there is less chance of it occurring.

Some people may think what happened is embarrassing.

But topics like this shouldn't be taboo. It's more common than people think and can lead to serious complications.

So, I'm spreading awareness!



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