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Gender-based violence is any violence that exploits distinctions between individuals of different sexes. Sexual violence in the form of rape or mass rape is traumatic for the victim but can have significant physical consequences, such as traumatic fistula which can render the victim incontinent of urine and/or faeces. The physical consequences are compounded by psychological trauma and stigma. This article presents a case study of a 16-year-old girl affected by traumatic fistula. It explains the implications of such a condition and provides a brief explanation of surgery, giving health professionals a greater understanding of the context and surgical treatment.