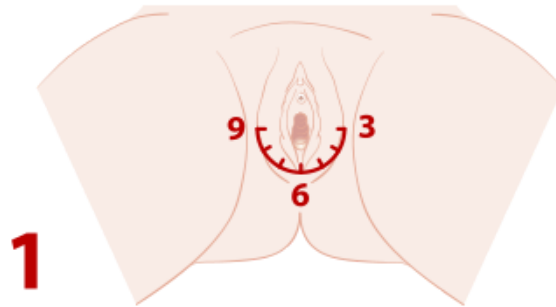


Perineal Massage

WHEN, WHY & HOW TO DO IT



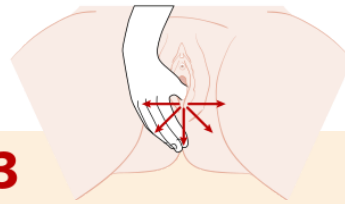
1



2

3-6 O'CLOCK

Start at 3 o'clock on right side and swoop down to 6 o'clock at the bottom of the vaginal opening



3

HOLDS

Along the clock of 3-9 o'clock, apply sustained pressure. The pressure should be strong enough you can feel it, but not painful



4

6-9 O'CLOCK

Start at 9 o'clock on right side and swoop down to 6 o'clock at the bottom of the vaginal opening

When

32-35 weeks is a great time to start perineal massage. You'll want to perform 5-10 minutes 3-4 times a week.

Why

Perineal massage has been shown to decrease incidence of higher degree tears during birth. Remember, it's a tool in your tool kit

How

You can chose to use your own finger or thumb. Your partner can also help. You can also use a pelvic wand or massager

Perineal Tear Q&A

Episiotomy

- Do you perform episiotomies?
- If yes, when & why do you perform them?
- What is your episiotomy rate?

Instrumental Assist

- Do you use forceps and or vacuum assist?
- If yes, when & why do you perform them?

Positions

- What positions are you comfortable with me birthing in?
- What do you deem an epidural safe position?
- I do not want to push on my back, are you comfortable with that?

Pushing Time

- How long do you allow women to push?
- What is your first intervention after that allotted time?

Warm Compress

- Do you apply a warm compress during the pushing stage?

Perineal Massage

- Are you hands on or hands off the perineum during the pushing stage

Tear Recovery

- What's your protocol for recovery from a tear?
- Do you recommend seeing a pelvic PT after a tear?