

# 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?