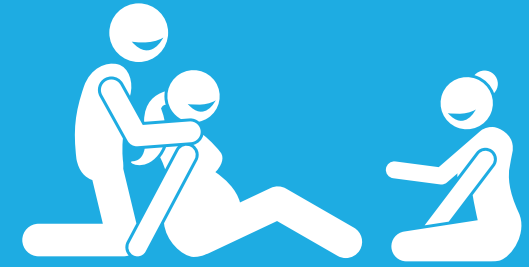
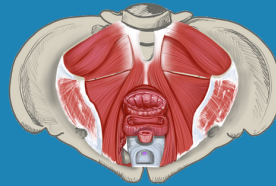


PERINEAL TEAR PREVENTION DURING LABOR & DELIVERY



WARM COMPRESS

A warm towel or compress applied to the perineum during the second stage of labor reduces your risk of severe tearing. Discuss this in advance.



PELVIC FLOOR MUSCLE TRAINING

Deep diaphragmatic breathing
Pelvic Floor Drop
Relaxation

PERINEAL MASSAGE

Perineal Massage by your birth provider DURING the second stage of labor may reduce your risk of severe tearing. Discuss this in advance.

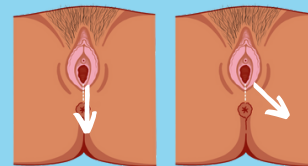


RISK FACTORS

Prolonged second stage
Epidural
Instrumental

EPISIOTOMIES

A mediolateral episiotomy (that goes diagonal to the side) is preferable to a midline one (that goes straight to your anus). Discuss this in advance.



PRINT AND DISCUSS WITH YOUR BIRTH PROVIDER!