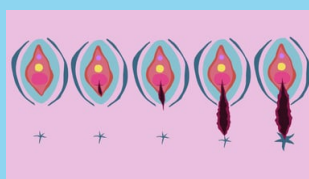


BUMBUM (PERINEAL) TEAR RECOVERY AFTER U BORN



NO DEY FEAR

Many pipu dey get tear but im no dey too bad all d time. If e come dey very bad, e beta make u know early for d sake of ya recovery and treatment.



ASK MAKE DEM CHECK U

Ask a provider make im check u from ya anus. E go good make another provider sef check am to fit confam say na d tin wey dem say u get na im u get. Ask fo pain medicine if u nid am.

SURGERY REPAIR

Tear wey dey bad nid make dem repair am with correct machine, fo wia light dey and with dokita wey sabi d work. Na fo inside operating room dem dey do dis kain surgery.

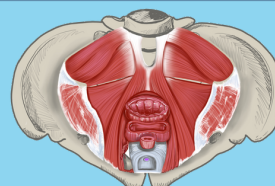


PELVIC PHYSIO FOR INPATIENT

Ask make you see one specialist physio before u go house. No be all hospital dey get dis kain service but as u dey ask for am, D more pipu go dey ask fo am too. Las las tins fit change.

PELVIC PHYSIO FO OUTPATIENT

Ask make dem give u letter to go see Pelvic physio BIFOR u commot D hospitu. Try see if u fit make dem give u date wey dey closed, make u fo see dem SHARP SHARP. No worry say u neva dey OK well well. Dem go dey treat u jeje, dey increase ya exercise small small till ur bodi dey kampe.



PRINT AM MAKE U TALK ABOUT AM WITH YA BIRTH PROVIDER

