

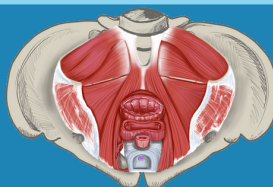


HOW YOU FIT PREVENT BUMBUM (PERINEAL) TEAR FOR PREGNANCY



DEM RISK FACTORS

First pikin
Dem South Asia pipu
Pikin wey dey big for birth



TRAINING OF DEM PELVIC FLOOR MUSCLE

Training dem pelvic floor muscle fit prepare you for when you dey labor and won born and come reduce the chance say you fit get 3rd or 4th degree bumbum (perineal) tear.

BUMBUM/PERINEAL MASSAGE

Make person dey massage the perineum after 34 weeks fit protect ya perineum and reduce your chance to get tear wey bad.



DISCUSS WITH YA PROVIDER

To discuss the possible benefits and harms of different options, and the one way you go prefer, with ya healthcare team, fit help you understand and to make beta decision about ya care.

BUMBUM WEY GET BAD TEAR BEFORE

If you don get bad tear before you dey at high risk to get another one for future.



PRINT AM AND TALK ABOUT AM WITH YOUR BIRTH PROVIDER.

