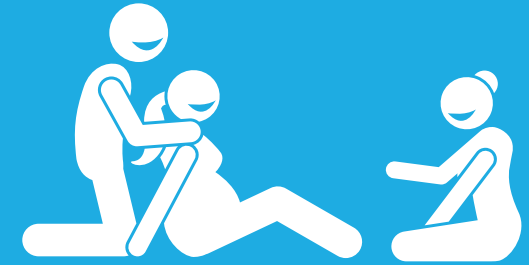


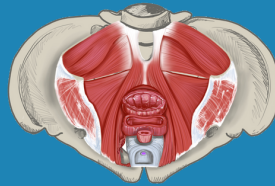
TOTO/ BUMBUM TEAR PREVENTION

FOR LABOUR AND DELIVERY



WARM COMPRESS

Warm towel or compress wey dem apply to the perineum for second stage of labour go reduce your risk to get tear wey dey bad. Discuss am in advance.



TRAINING OF DEM PELVIC FLOOR MUSCLE

Diaphragmatic Breathing wey dey deep
Pelvic floor drop
Relaxation

MASSAGE OF PERINEUM

Perineal Massage by ya birth provider FOR the second stage of labour fit reduce ya risk of tear wey dey bad. Discuss am in advance.

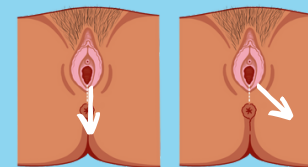


DEM RISK FACTOR

Second stage wey take long
Epidural
Wen dem dey use different different machine

EPISIOTOMIES (CUTTING OF BUMBUM)

A mediolateral episiotomy (the one wey bend to one side, e no dey straight) e better to the one wey dey midline (the one wey go straight to your anus). Discuss am in advance.



PRINT AM MAKE YOU DISCUSS AM WITH YA BIRTH PROVIDER!