

STEP BY STEP INSTRUCTIONS

PERINEAL MASSAGE

to prepare the birth

BEFORE STARTING

Remember to consult your gynecologist before starting the perineal massage. Even if the perineal massage is one of the most studied techniques to prevent perineal damage during birth there are some **contraindications** you should be aware of:

- Do not make the perineal massage if your gyne recommend you to avoid intercourse
- Double check with a specialist if you are suffering vulvar varicosities
- Consult if you are having incontinence or pain during intercourse

- **CHECK WITH YOUR DR. FIRST .**
- **BE SURE OF UNDERSTANDING THE INSTRUCTIONS BEFORE STARTING.**
- **FIND A COMFORTABLE SPACE.**
- **WASH YOUR HANDS AND CUT YOUR NAILS.**
- **BREATHE GENTLY AND FOCUS IN THE RELAXATION DURING THE PROCESS.**
- **IF YOU NEED EXTRA HELP CONTACT ME :**



I WORK FOR KOSTER CLINIC, IN
UMM SUQUEIN 3, DUBAI,
AND YOU WILL FIND ME ON
INSTAGRAM AS
@PELVICFLOORDUBAI

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WHEN TO START

Ideally, you should start after week 32nd increasing the frequency of the perineal massage, I like to recommend it twice a week on week 32nd, 3 times per week in week 33rd and every day after week 37th BUT

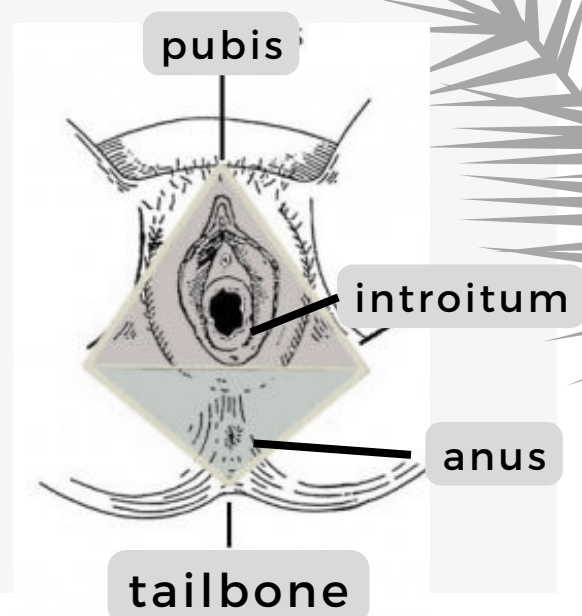
some women need to start before and some women are recommended to do it with less frequency.

Pay attention if:

- If you have pain during intercourse, might mean that you have extra tension in the perineal muscles so you should start sooner and do it more frequently.
- If you have a perineal tear from a previous delivery or surgery you might need to modify the technique and to focus more in the scar tissue, this depends of your scar
- If you have incontinence, constipation or pelvic organ prolapse maybe your connective tissue is too elastic and instead of stretching it you will need other instructions, better to double check with your pelvic floor physio or give me a call to be sure.

IDENTIFY YOUR PERINEAL ANATOMY

From the pubis to the tailbone we find the pelvic floor muscles, they are underneath the vulva and around the anus but the specific muscles that need to be elastified are in the lower part of the entrance of the vagina or introitum. In between the vulva and the anus. Find the bones around the perineum and see how the vulva and anus move when you contract and relax the muscles as if you would like to hold a gas.

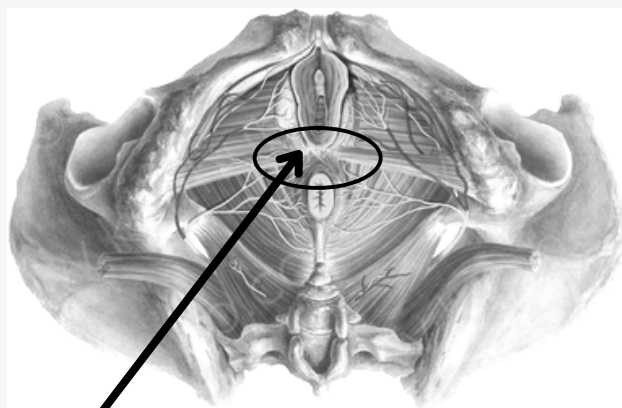
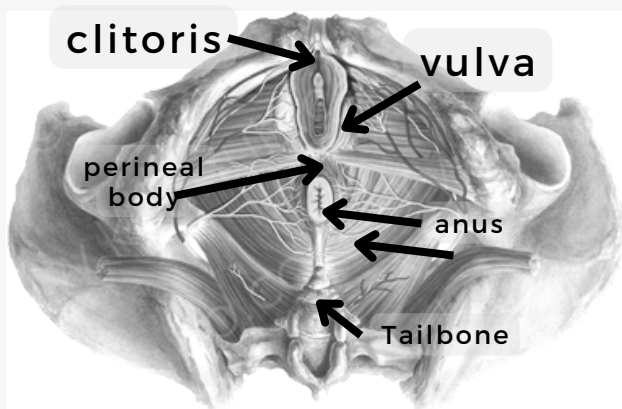


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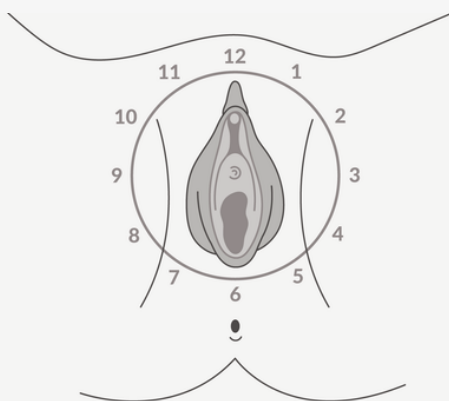
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UNDERSTAND THE ANATOMY



This is the area to stretch, known as perineal body
All the muscles of the perineum converge here.

Imagine that the entrance of the vagina is like a clock, the muscles we are interested in are in the 6, 7 and 5



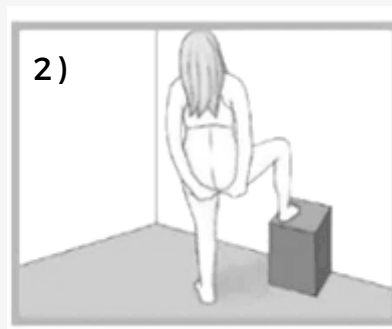
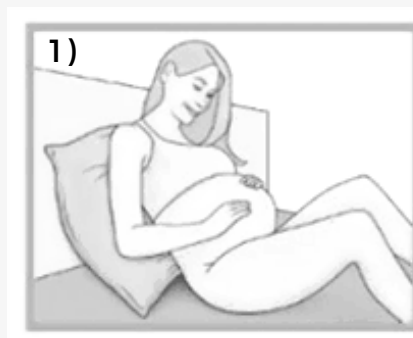
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ONCE YOU ARE READY:

- The perineal massage should not be painful, you should arrive to feel just a slight discomfort while practicing.
- You can teach someone of your trust to help you but it's always better to start by your own, this will increase your confidence and also your self awareness
- You dont need any specific product but you can use oil or lubricant without perfume or alcohol to avoid to be irritated by a chemical that you haven't used in the past right before the delivery!
- You can use a mirror to find easier all the parts of the perineum that we are going to stretch.
- You can do the perineal massage in different postures;
 1. Being propped up with pillows while lying in the bed, sofa or on a mat in the floor. Like this you will access the perineal area better from the front with the help of your thumbs
 2. Standing with one leg up on a stool to access the perineum from backwards using your index and middle finger to apply pressure.
 3. Sitting on the edge of a stool to access from the front



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HERE WE GO

- You can apply a warm compress during 5 minutes or take a warm shower to help the area to relax before the perineal massage.
- Once you have washed your hands and you have chosen your preferred posture insert one thumb or the second and middle fingers inside of the vagina.
- Start stretching in the central area or 6 of the clock.
- You should apply pressure towards de anus until you feel a slight discomfort:
- Once you feel the discomfort hold the pressure but do not release the stretchin.
- Wait until the sensation disappear and then add a bit more of pressure until again you find it slightly uncomfortable.
- Wait until the sensation dissapear again, it usually takes up to 15 seconds
- Repeat 2-3 times in the central area, then rotate your hand to apply pressure in the 5 and in the 7 and repeat the procedure.
- Stop immediately if the perineal massage give you soreness or burning sensation and consult with a professional what might be going wrong.

