

# WAYS TO PREVENT A PERINEAL TEAR AND AVOID

## EPISIOTOMY

1.

Try kneeling or side-lying position during delivery

2.

Warm compress on the perineum to relax muscles

3.

Pause pushing and take a deep breath as per directions when the baby's head is visible

4.

Use a mirror to see the baby and plan gentle pushes

5.

Use water for delivery though the evidence is mixed

6.

Practice perineal exercises throughout pregnancy



### Reference

Perineal Massage In Pregnancy; National Childbirth Trust