

physio



personal care
for personal health

she

Scars of perineal tears and episiotomy

What is it?

You may have a scar at the vaginal opening from birth. During the vaginal birth, the soft tissues around the vaginal opening may tear, or, your doctor or midwife may perform an episiotomy to reduce the tension on the pelvic floor during the birth.

You may notice swelling, discomfort or pain and redness. You may be aware of stitches. The wound may be more uncomfortable or painful when you are sitting or when you go to the toilet.

What can SHE do?

Ultrasound and Laser reduce swelling, discomfort and soften scar tissue.

SHE will show you techniques to soften the scar.

You will learn better toileting techniques to reduce pain and swelling,

You will learn how to return to more comfortable intimacy and intercourse.

What can I do before I see a women's health physio?

Have adequate fluids, fruit, salad and vegetable to ensure bowel motions are soft and regular.

Use corsetry (compressive underwear) and sanitary pads to reduce swelling and pain on the perineum and abdomen in the early post-natal period.

Ice packs against the perineum are helpful in the first week.

When to make an appointment?

You can be seen within days of the birth for physiotherapy treatment.

PH: 0408 465 312

She Physio + Pilates, 41 Canterbury Road, Middle Park

she@shephysiopilates.com

shephysiopilates.com