

## **PERINEAL MASSAGE**

- Have a warm bath first to stimulate our circulation.
- Empty your bladder.
- Apply a gentle organic vegetable based oil (wheatgerm oil) to the posterior vaginal wall (nearest the rectum)
- Pay special attention to any scar tissue from previous births.
- Insert two index fingers or thumbs two inches into the vagina, pressing down towards the rectum.
- The massage movement is in a 'U' shape.
- The vagina should be stretched open for 20 seconds to feel the tingling or burning associated with the baby's head crowning.
- The massage needs to be carried out for about 5 minutes daily from six weeks prior to the birth.

## **CARE OF THE PERINEUM AFTER THE BIRTH**

- Keep the area clean and avoid using anything that might irritate your skin.
- Pelvic floor exercises will increase the blood flow to the area and aid healing.
- Arnica homeopathic remedy help heal soft tissue bruising.
- Witch hazel on a sanitary towel can feel soothing.
- A couple of drops of True Lavender essential oil in the bath aids healing.
- Walking around helps the healing process. Sit with knees together rather than crossed to encourage the edge of the tear to meet and heal.
- Take a jug of warm water to pour over the perineum when urinating to stop it stinging or pee while in the bath.
- Cold packs (not ice) can help reduce pain and swelling.
- If it's still very painful after 2 weeks have it checked.

