PERINEAL MASSAGE FOR PREGNANCY

Enhance Your Birth Experience

مستشفى دانة الإمارات
Danat Al Emarat Hospital
WOMEN & CHILDREN النساء والأطفال
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Introduction

Perineal massage is a gentle technique that can help reduce the risk of perineal tearing and the need for an episiotomy during childbirth. This guide will walk you through the benefits, steps, and key statistics that highlight how this simple practice can support your birth journey.

Why Perineal Massage?

- **10% reduction** in the risk of episiotomy for women who practice perineal massage.
- **16% lower chance** of severe perineal tears (third- and fourth-degree) when massage is started at 34 weeks.
- Increases tissue flexibility and promotes a faster recovery post-delivery.
- Empowers women to feel more prepared and in control during labor.

How to Perform Perineal Massage

Step-by-Step Instructions:

1. **Prepare:** Wash your hands and find a comfortable position, such as sitting or reclining with your legs slightly apart.
2. **Use a Lubricant:** Apply a small amount of oil, such as coconut or almond oil, to the perineal area.
3. **Massage:** Gently insert your thumbs about 2-3 cm into the vagina and press downwards towards the rectum, then outward towards the sides.
4. **Stretching:** Gently stretch the tissues for 1-2 minutes, feeling a slight burning or tingling as the tissues stretch.
5. **Repeat:** Perform this massage 3-4 times a week, starting from 34 weeks until delivery.

Supporting Statistics

- A systematic review shows that women who perform perineal massage experience a **10% reduction** in episiotomy rates.
- First-time mothers have reported up to 25% fewer episiotomies when practicing this technique.
- Women who perform perineal massage also experience a 9% reduction in the need for sutures after birth.

When to Start & Additional Tips

- Start perineal massage at 34 weeks gestation.
- Aim to practice 3-4 times a week for optimal results.
- Partner assistance can be helpful, but always ensure comfort and relaxation.
- Avoid if there are active infections (e.g., herpes or yeast infections).
- Consult with your midwife or healthcare provider if you have any concerns.

References

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DanatAlEmaratHospital
DanatAlEmarat_
DanatAlEmarat_

T : 800 96626
F : +971 2 651 0088
P.O. Box: 8339, Abu Dhabi, U.A.E.

info@danatalemarat.ae
www.danatalemarat.ae