

PERINEAL CARE DURING AND AFTER CHILDBIRTH : HOW TO PREVENT TEARS, STITCHES, CARE, AND READAPTATION



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SCIENTIFIC DATA

- Hands-off vs Hands on: no difference in perineal tearing (Aasheim et al., 2018).
- Warm compress: the effect is uncertain. Maybe less third and fourth perineal tear (Aasheim et al., 2018).
- Massage: may decrease the need of episiotomy (Aasheim et al., 2018).
- Ritgen's manoeuvre: less first degree tear only but more likely to cause a second degree tear (Aasheim et al., 2018)
- Water birth : No consensus between an increase (Cluett et al., 2018) or a decrease in perineal tearing (Nutter et al., 2014; Burns et al., 2022)

Post-Partum care :

- Do not use soap
- Use chamomile solution
- Dry by dabbing
- Change sanitary pad regularly
- Use ice pad if there is a swelling
- Use position that avoid pain and weight on the perineum
- When defecating, use a stool, lean slightly forward
- Do not carry more than your baby's weight
- Do not use your abdominal muscles

(Hopitaux universitaires de Genève, s.d.)

STATISTICS :

SCOTLAND :

- From 2000 to 2011, 70,000 anal sphincter injuries (RCOG, 2019)

SWITZERLAND :

- 2017: 54.7% of tearing (OFS, 2019)



SWITZERLAND seen during internship

During birth:

- Warm compress
- Massage (with lubricant)
- Positioning to turn the baby if there is a posterior presentation
- Hands-on
- Water birth
- Birth in Decubitus Lateral
- Specialized consultation
- Ritgen's manoeuvre

Post-Partum:

- Suturing
- Ice pouch
- Eat while laying on the side, positioning
- Avoid to sit during a long time
- Chamomile solution

SCOTLAND seen during internship

During birth :

- Warm compress
- Hands on approach following OASI care bundle (not possible during water emersion).
- Verbal guidance as to when to stop pushing to help control the speed of delivery.
- Episiotomy – performed if tearing looks likely and for instrumental deliveries.

Post partum :

- Thorough examination after birth to identify any tears.
- Suturing of 1st and 2nd degree tears by a midwife (in the room). 3rd and 4th degree tears require suturing in theatre by doctor/consultant.
- Positional advice to avoid pressure on area.
- Hygiene advice.
- Lavender pads to sooth area and ease discomfort.

