

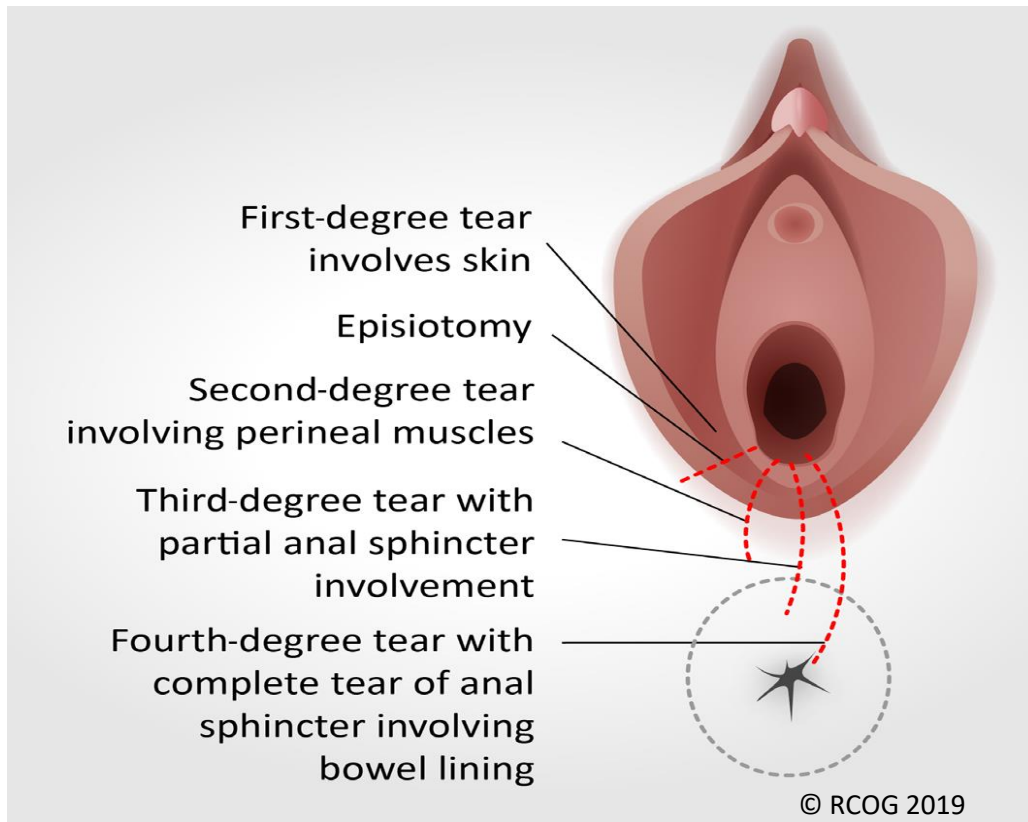
Postnatal Perineal Scar Massage

Pelvic Health Physiotherapy Information

Postnatal Perineal Scar Massage...

Why and When?

If you have had an episiotomy (perineal cut) or a perineal tear, as the wound heals, the scar tissue layers can become tight and may stick to other layers of soft tissue below. This may cause discomfort during intercourse and other day-to-day activities. Scar massage can help to increase the elasticity of the perineal tissues and decrease the area of scar tissue.



When should I start?

- You should wait your wound and stitches have fully healed
- Do not massage the perineal area if you have an infection or the wound is still open as this can make it worse



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Postnatal Perineal Scar Massage...How?

- Try using a warm compress or have a bath beforehand to relax the muscles and increase blood flow to the area
- Position yourself comfortably in lying or half-sitting with pillows for support
- Use a suitable, non-perfumed lubrication product or oil*
- Try and aim for 5-10 minutes of massage daily
- It should not be painful, but you may feel a little discomfort

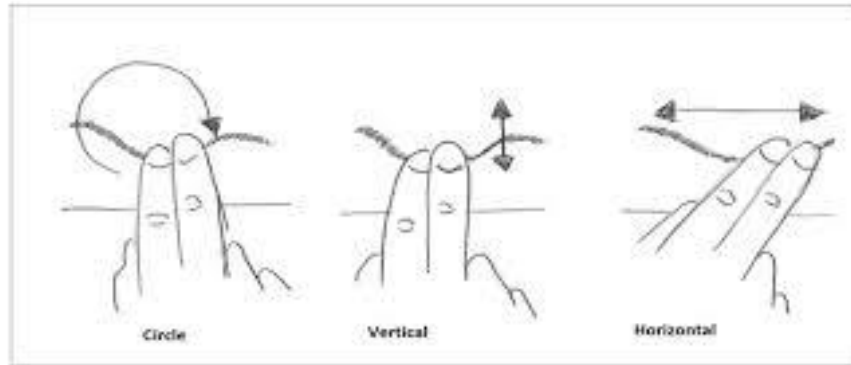
*Recommended oils for lubrication could include olive oil, sunflower oil, or almond oil (as long as you don't have a nut allergy)



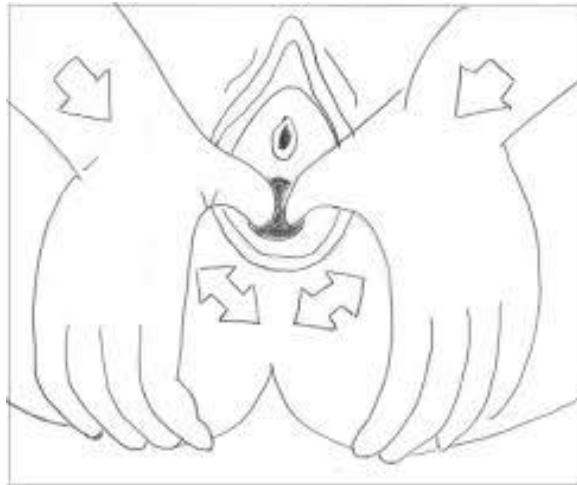
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Postnatal Perineal Scar Massage Technique



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1. Start by massaging externally. With your thumb or fingers, apply firm pressure and work **along** the scar line, **across** the scar and over the scar in **circles***
2. When you feel ready to, you can begin internal scar massage (you may take a few weeks to build up to this stage)
3. Place your thumb, pad side down to the back wall of your vaginal opening and your index finger on your perineum over the scar (you can progress to 2 thumbs but this may not be necessary)
4. Apply a downward pressure with your thumb on to the back vaginal wall and make firm 'U' shapes as though moving between 4 and 8 on a clock face
5. Take your time and build on these techniques gradually. Stop if it becomes painful

* If the scar feels very sensitive, you may need to start by desensitising the area
- start with gentle touching around the scar, then move closer as it feels more comfortable. Then start massaging gently within comfort levels



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