

If you are still struggling after following this advice you can directly contact The Pelvic Health Physiotherapy Team on:

**0151 430 1890 at Whiston Hospital**

**01744 646 304 at St Helens Hospital**

You can also speak to your Midwife, Consultant or GP about being referred for Physiotherapy.

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside,  
L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside,  
WA9 3DA  
Telephone: 01744 26633

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[www.sthk.nhs.uk](http://www.sthk.nhs.uk)

## Looking After Yourself Following Perineal Trauma

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Management of symptoms

- Ask for painkillers from your midwife or doctor if you are feeling a lot of discomfort (do not wait until it becomes too painful).
- Use the shower or bath often, to reduce swelling and ease discomfort.
- Washing the area regularly also helps to keep your stitches clean. Gently pat the area dry afterwards from front to back; this is more comfortable than wiping or rubbing. Do not use products which may irritate your skin or you have not used before.
- You may feel anxious about opening your bowels for the first time, it is helpful to support yourself underneath, from the front, with a maternity pad or some toilet paper.
- Do not strain.
- Make sure you are comfortable when sitting and feeding your baby. Try sitting on a pillow or cushion if you find a chair is too uncomfortable. **Do not** sit on a ring as this can cause the area to swell, resulting in pain.

- If you are breast-feeding, try lying on your side to feed. Speak to the breast feeding team if you are struggling.
- **Do not** stand for long periods or sit in the same position for too long, as this will increase pain and swelling.
- Expose to air (if practical) for a few minutes daily.
- Following a 3<sup>rd</sup>/4<sup>th</sup> degree tear it is important to carry out pelvic floor muscle exercises, these can be found on in your “Fit for Future” leaflet (pages 6-7). You may find it easier to begin with the fast (short) exercises, progressing to the slower, holding (long) exercises as you become more comfortable.
- Take things easy for the first few weeks, as you feel more comfortable follow the advice in your “Fit for Future” leaflet.
- Remember to do the other exercises in your “Fit for Future” leaflet exercises, and advice on how to progress them further.