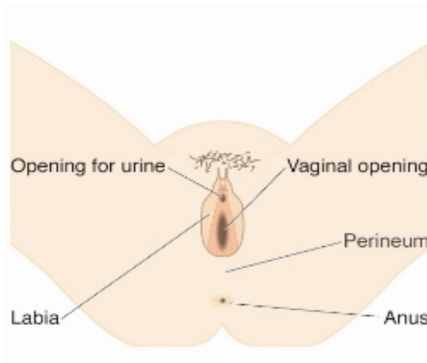




Perineal massage

Your perineum is the area from the back wall of the vagina to the back passage.



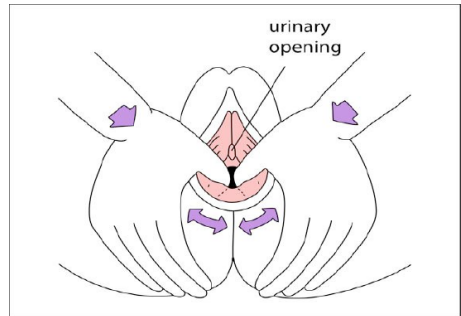
Perineal massage has been suggested as a possible way of helping to increase elasticity of the tissues and prepare you for the stretching sensations of second stage of labour as baby's head emerges.

It can be done by you by following these simple steps.

1. Get into a comfortable position (sitting or reclining) in a way that gives access to the skin around the vagina.
2. Apply some sweet almond oil or olive oil to clean hands. Other oils can be used e.g. perineal massage

oil but always check its safe in pregnancy (especially if aromatherapy/scented oils).

3. Place thumb at the back of the vagina, allowing it to slide inside to about the 1st joint. Use gentle but firm pressure moving the thumb up the side walls and down to the back again in a “U” shape and repeat. You should feel a slight burning/tingling.
4. Start with 5 minutes and gradually increase the time up to 10 minutes a day.



This should not be performed if you have a vaginal infection or thrush. If unsure, check with your health professional.