

Recommendations for perineal care

Cooling

You can help to reduce swelling of the perineum and vulva in the first few days after the birth by cooling. We will provide you with cooling pads from the freezer. After the birth, keep these pads in place for as long as you feel comfortable (max. 10-15 minutes).

Lots of air

Leave as much air as possible around the birth injury and do not use pads with plastic wrap. Change your pads regularly every three to four hours.

Dilute and rinse

Urination is usually uncomfortable in the first few days. Therefore, fill a plastic cup with lukewarm water before each visit to the toilet and let the water run along your vulva when you urinate. If you drink a lot, this will also dilute the urine and make it less stinging. A positive side effect: drinking enough also helps to produce milk.

After using the toilet, we recommend that you carefully dab the birth injury dry with a soft, dry cloth instead of wiping it. Rinse the injury several times a day with clean water, for example in the shower.

Lying down instead of sitting

After perineal injuries of any kind, it is important to sit as little as possible for the first five days. If possible, we recommend that you rest and recover a lot in a lying or semi-lying position.

Removing stitches?

If a perineal injury has had to be stitched, there will be stitches in the wound. These are self-dissolving stitches and do not need to be removed. If a stitch is uncomfortable, it can usually be removed after about five to seven days. In this case, please contact your aftercare midwife. She will also monitor the healing of the perineal injury.

Scar massage

Episiotomy stitches are very uncomfortable, especially in the first three to seven days. Fortunately, these perineal injuries almost always heal very well, so that you can usually sit carefully again after just one week. Healing is complete after about four weeks. If you continue to feel uncomfortable, you can massage the healed scar with special scar ointment from the pharmacy or perineal massage oil, for example, to make it softer.

The obstetrics team at the Bürgerhospital wishes you all the best!