

PERINEAL MASSAGE

It is used to give elasticity to the pelvic floor in the face of delivery. There is a high risk that women will suffer some type of complication during delivery (perineal tears, lacerations, or the extension of episiotomies).

Pelvic floor soft tissue and neuromuscular injuries often produce significant short- and long-term sequelae. Patients may suffer from long-term pelvic floor dysfunction (PFD) such as pelvic organ prolapse (POP), urinary incontinence, or anal incontinence. Even after anal sphincter damage has been repaired, 45% of patients may experience incontinence.

Episiotomy, long considered protective, is not effective in preventing severe perineal laceration, and can even result in higher perineal trauma rates and delayed perineal healing.

This massage is performed starting from the 34-36th week of pregnancy; the pregnant woman can receive the massage, which lasts 15 minutes.