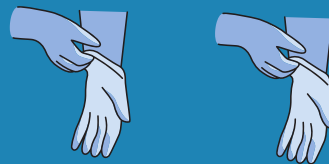


PERINEAL TEAR RECOVERY AFTER BIRTH



DON'T PANIC

Many people tear but most tears aren't severe. If it is a severe tear, finding it early is important for recovery and rehab.



ASK TO BE CHECKED

Ask your provider to check you rectally. Ideally, ask for a second provider to confirm the diagnosis. Ask for pain medicine if needed.

SURGICAL REPAIR

Severe tears need to be repaired with the right equipment, lighting, and personnel. Most of the time this is in the operating room.

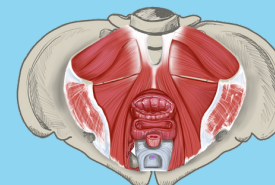


INPATIENT PELVIC PT

Ask to see a specialist PT before you go home. All facilities may not have this service but the more it is requested, the more in demand it will be. Eventually, things may change!

OUTPATIENT PELVIC PT

Ask for a written referral for Pelvic PT BEFORE leaving the hospital. If possible, set up an appointment ASAP. Don't worry about not being fully healed. They will slowly progress as you heal.



PRINT AND DISCUSS WITH YOUR BIRTH PROVIDER!

