

## Post Natal Physiotherapy Management of Scar Tissue

This leaflet explains the management of post natal scar tissue in the perineal area.

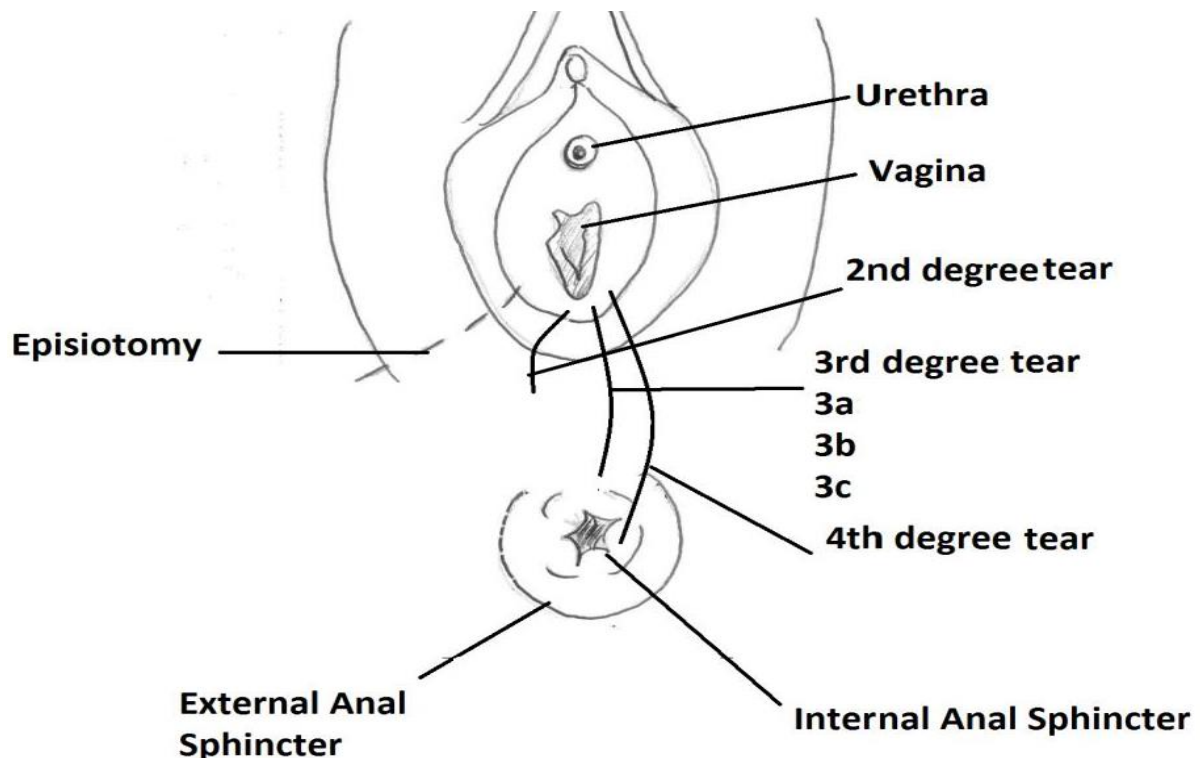
### Postnatal perineal scar massage

If you have had an episiotomy or a perineal tear, the scar tissue around the area can become tight and may become attached to layers below. This may cause discomfort during intercourse and during activity. By massaging the perineal area, you can reduce your scar tissue.

### When should I start massaging?

Wait until you have had your postnatal check which is usually at six weeks. Ensure your stitches have fully healed before beginning. You should not start massage if you have any vaginal infection as this could make it worse.

### The perineal area



### How to massage the scar tissue?

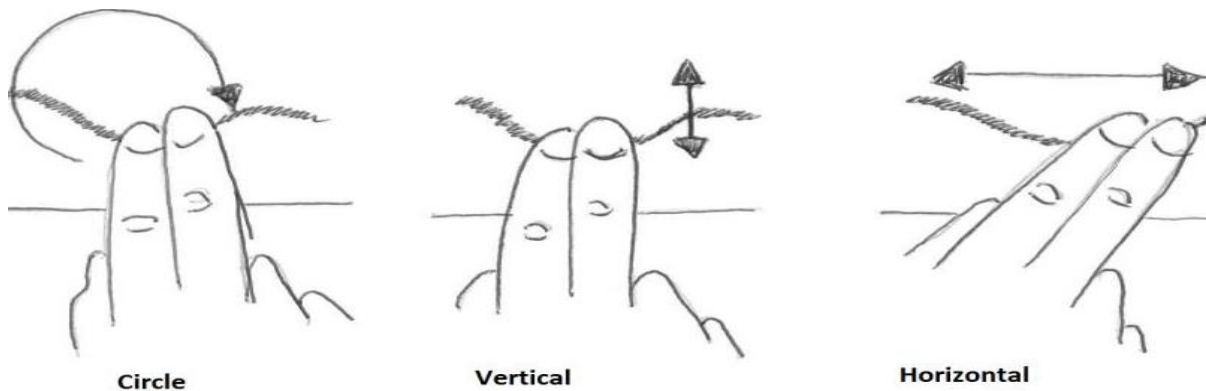
1. It helps to have had a warm bath or use a warm compress before starting in order to help to relax the muscles and increase blood flow to the area
2. Make yourself comfortable: lying or semi sitting, use pillows.

3. Use oil or lubrication for comfort – e.g. almond, coconut or olive oil (as long as you are not allergic to it)
4. You should massage the scar tissue in three directions for 5-10 minutes a day (see below).

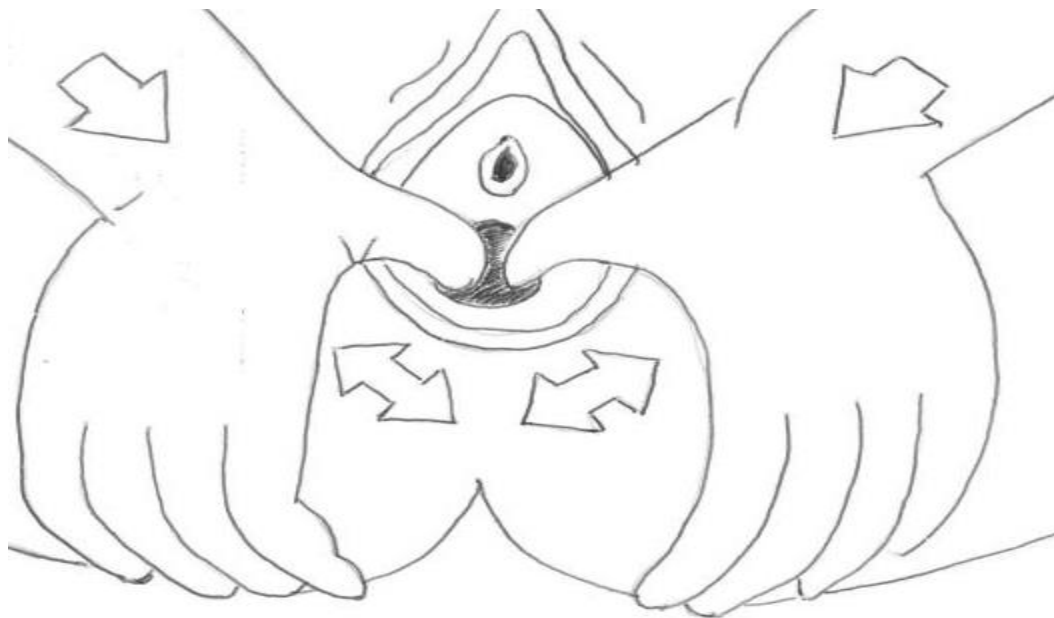
### **Technique - Perineal massage**

1. Start externally. With your thumb or fingers as below apply pressure and firmly massage into the scar along the line of the scar, across the scar and in circles over the scar.

Work over all parts of the external scar towards the anus.



2. For internal stitches: Get into a comfortable position with your legs gently opened. Insert your thumb into the entrance of your vagina so the pad of your thumb is facing down towards the anus. Place your index finger over your perineum; you should be able to feel the scar beneath your finger.



3. Next, apply a firm pressure on the back of the vaginal opening with your thumb and make firm “U” shapes (going from 4 to 8 as if imagining a clock) over the scar area. This might feel a little bit tender to start with.

Useful sources of information: <https://pogp.csp.org.uk/information-patients> [www.continence-foundation.org.uk](http://www.continence-foundation.org.uk) <https://www.bbuk.org.uk/>