

# **PATIENT INFORMATION**

## **Perineal Repair**

**Maternity Services**



This leaflet has been produced to give you information about perineal repair and care of your perineum following the birth of your baby.

## **INTRODUCTION**

Following the birth of your baby you may have some damage to your perineum (area including the vagina and the muscle between the vagina and the back passage) which may need repair. This happens in about 85% of women who have had a vaginal birth, and repair needed in about 60-70% of cases.

## **PERINEAL**

Following the birth of your baby, the midwife or doctor will look at your perineum to assess for any damage. If they think that repair is necessary, they will discuss this with you and obtain your verbal consent. Repair should be carried out as soon as possible to minimize the risk of infection and blood loss.

You will be given local anaesthetic to the area of damage for pain relief and the repair carried out by the midwife or doctor. Usually dissolvable stitches are used and the midwife will advise you of this.

Occasionally, if there is more severe damage, the repair will need to be carried out in theatre under anaesthetic and your written consent will need to be taken.

## **CARE FOLLOWING PERINEAL REPAIR**

Hygiene is very important to promote healing. You will need to keep your perineal area clean and dry by having daily

baths or showers and drying well. Remember to change your sanitary towels frequently, washing your hands before and after this. Do not use tampons at this time.

Your midwife will assess your perineum during your daily check in the hospital and at home until it appears to be healing and if you have any problems. If you feel any pain or discomfort, you can have oral pain relief such as Paracetamol. If pain persists or increases, please let your midwife know and she will assess further.

### **For further information, please speak to your Midwife or Obstetrician.**

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the midwife or doctor.

### **Reference**

NICE (2014) Intrapartum Care for healthy women and babies. <http://www.nice.org.uk/guidance/cg190>

NICE (2021) Postnatal Care.  
<http://www.nice.org.uk/guidance/ng194>

### **Information sources**

[www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com)

### **Contact Details**

Antenatal Clinic Ormskirk DGH	01695 656949
Delivery Suite Ormskirk DGH	01695 656919
Maternity Ward Ormskirk DGH	01695 656947

## NOTES

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

If you have perineal pain which persists or increases, let your Midwife know and she will assess further.

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP –

Your Midwife – Post Natal Ward – 01695 656947

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

[southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)

**Thank you**

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