

Module One: Perineal Tears

Available Resources

- Antenatal Perineal Tears, Care Video
- A4 Poster
- Perineal Tears information and care provider discussion guide

What is a Perineal Tear?

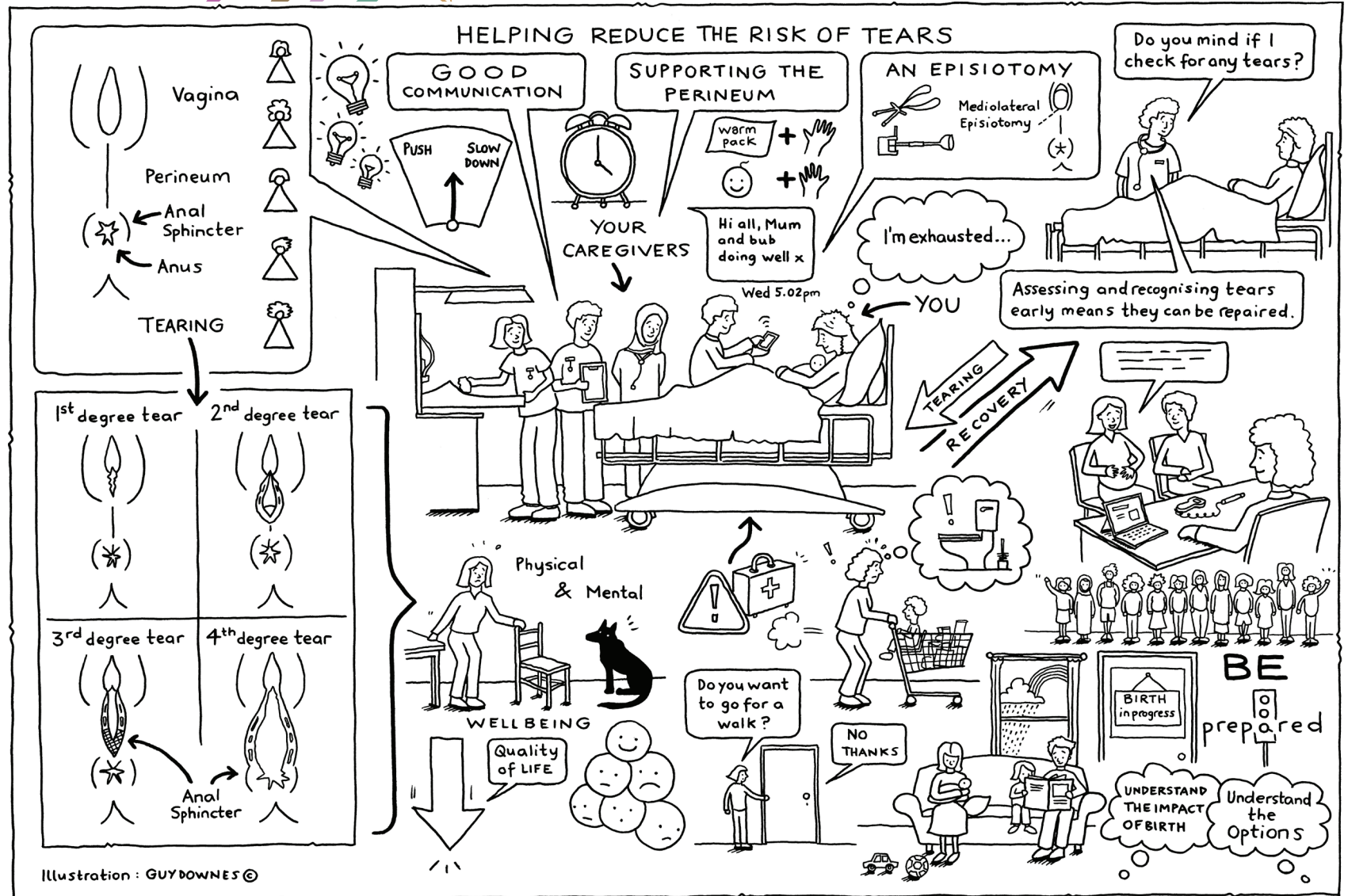
Perineal tears affect the skin and muscles of your perineum, between your vagina and anus.

First and second degree tears are quite common and usually heal without difficulty. These tears may need stitches and follow up with your local doctor.

Please speak to your midwife or obstetrician if you have questions about this information

Accessing Resources

To find our ThinkNatalTM resources visit birthtrauma.org.au/thinknatal.



birthtrauma.org.au/thinknatal

Information shared is designed to support, not replace, the relationship that exists between you and your health professional/s. To find more resources, support and guidance visit our website.

For more information please visit our website or email us on support@birthtrauma.org.au. Illustrated by Guy Downes©. ABTA0026. The ABTA is a Registered Charity, ABN: 14614751343.

Find more resources, support and guidance visit