

Perineal Tears Poster

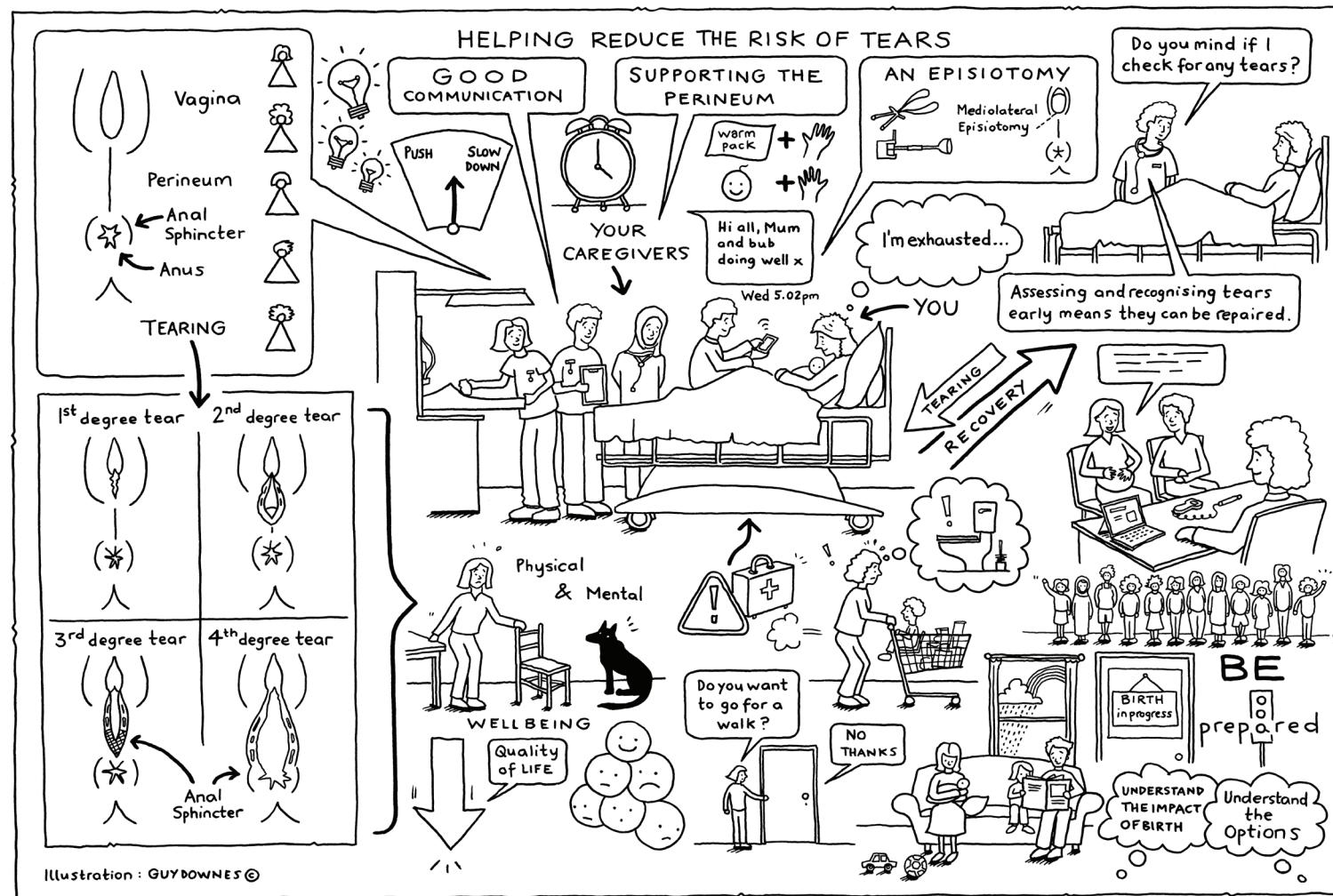
Brought To You By the Australasian Birth Trauma Association

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

About ThinkNatal™

THINKNATAL™ is a series of educational resources aimed at providing support and information on a variety of topics that are often excluded or underrepresented in existing antenatal education. This is in collaboration with consumers and a range of clinicians involved in maternity care, such as midwives, obstetricians, pelvic health physiotherapists and mental health clinicians.



Accessing Resources

To find our ThinkNatal™ resources visit our website.

birthtrauma.org.au/thinknatal