

Step 1:

- Reduce pressure on perineum
- Keep perineum clean
- Pain relief through ice packs and Sitz baths
- Avoid constipation

Step 2:

- Desensitize your scar by running soft material over it
- Use more aggressive textures on your scar to desensitize
- Use clean fingers or a dilator that has been lubricated to desensitize the opening of the vagina

Step 3:

- Prepare your scar for mobilization by placing a warm compress on your perineum for several minutes or taking a warm bath.
- Get into a semi-reclined, kneeling, or standing position with thighs open. Place thumb inside the vagina and your index finger outside on the scar. Apply light pressure and hold.
- Bring your index finger and thumb together and gently move to the right followed by the left until it's comfortable to move in all directions.
- Press your thumb and index finger together and gently move them in opposite directions.

Step 4:

- Desensitize vagina
- Gently insert lubricated finger or dilator and hold.
- Slowly move dilator in/out and rotate clockwise and counter clockwise.

Step 5:

- Begin strengthening your pelvic floor with quick contractions and longer holds
- Coordinate kegel with activity

PERINEAL SCAR RECOVERY



Make sure you get the ok from your provider at your 6 week follow-up before working on your scar.

