



Episiotomy (Perineotomy)

What is meant by an Episiotomy?

The pelvic floor is a group of muscles that support and keep the pelvic organs in place. These organs include the (bladder, uterus, and rectum).

The contraction and relaxation of these muscles also helps in controlling urination and bowel movements.

The perineum is the group of muscles between the anus and the vulva.

The pelvic floor and the perineum can be protected by:

- Healthy nutrition
- Drinking plenty of fluids
- General fitness exercises
- Pelvic floor exercises before, during and after the pregnancy.

What is an Episiotomy?

An episiotomy is a surgical incision of the birth canal performed during labor to enlarge the opening for the fetus's head to pass through.

The medical justification for the operation:

- Accelerating childbirth due to weakness in the fetal heart rate.
- The doctor needing to use the obstetrical forceps or a vacuum device for vacuum-assisted delivery.

What are the risks of an episiotomy?

- Increased chances of postpartum hemorrhage.
- The wound may get bacterial infections.
- Chronic pain in the region.
- Increased likelihood of the perineum incision tearing and reaching the anus and the rectum, which could lead to a new set of complications.
- Increased chances of tearing during second pregnancy.

There is no scientific proof that there is a need to cut the perineum for the female during her first childbirth. In fact, it may cause many problems, and females can give birth without cutting the area.



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During childbirth:

Your healthcare provider will assist you during labor and will patiently provide the necessary support to protect the perineum area by:

- Allowing you to take straight positions, and not to restrict you to the bed.
- Placing warm compresses on the area during the second stage of childbirth.
- Supporting the area after the fetus passes through to reduce the chances of tearing, and avoid cutting without medical justification.

Clinical Health Education Department

For further questions kindly contact us via email:

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