

# EARLY EPISIOTOMY SCAR CARE

## FIRST DAYS

The healing of the scar can be supported by gentle touches around the wound - place your palm on it, try to breathe underneath. Try this in different positions - lying on your side, on your back, in sitting. Also take a pocket mirror and have a look at your scar. It will help with reconnecting with the pelvic area.

## FREQUENT SHOWERS

Observe careful hygiene. Each time you go to the toilet, shower the wound and dry it thoroughly with gentle tapping with a towel. For more comfort you can use special portable intimate showers. This all will help with infection prevention and better healing.

## AIR AND ICE THE SCAR

In the comfort of your home, uncover the wound and let it air out. During the first days ice compress can help with pain and swelling.

## POSTPARTUM PADS

Change them often. Bleeding and vaginal discharge is common in the first days after giving birth. Change the pads after each toilet visit. Accumulated bacteria from the rectal area combined with blood and discharge can contribute to the development of infection.

## OAK BARK GEL

After couple days you can use oak bark emulsion when showering. It helps to reduce sensitivity of the area, reduces bleeding and creates a barrier for an infection to enter. You can also try CICA Topicrem, Nobilis Tilia, Hemagel or Bentonite clay after consulting with your doctor.

## SUITABLE UNDERWEAR

Try to leave the wound uncovered as much as you can. When wearing underwear, choose one that is loose, breathable, ideally made of pure cotton. You can also use postpartum disposable underwear.

**If you are experiencing any issues with your scar - pain, increased sensitivity or even feelings of tension - book your physiotherapy session, we can help you!**

**In case of opening of the wound, pus, bleeding, large swelling, etc., contact your doctor.**