



Effective Ways To Prevent Vaginal Tear During Childbirth

WAYS TO PREVENT VAGINAL TEARS



Exercising regularly



Eating a balanced diet



Lying on the side when pushing



Taking long and controlled breaths during labor

WAYS TO STOP ONESELF FROM PUSHING WHEN ASKED NOT TO PUSH



Lean back and relax the perineal floor muscles



Relax your complete body and get a massage from a nurse



Practice deep breathing exercises for relaxation



Allow contractions to work rather than fighting them off