# Contents


**Chapter 1** Introduction 1

**Chapter 2** Risk Factors for Perineal Tear 3

**Chapter 3** Classification of Perineal Tear 5

**Chapter 4** Indications of Episiotomy 7

**Chapter 5** Performing an Episiotomy 9
*Median Episiotomy 9*
*Mediolateral Episiotomy 11*

**Chapter 6** How to Reduce Perineal Trauma 13
*Antenatal Perineal Massage for Reducing Perineal Trauma 13*
*Perineal Techniques During the Second Stage of Labor for Reducing Perineal Trauma 14*

**Chapter 7** Antibiotic Prophylaxis for Third- and Fourth-Degree Perineal Tear during Vaginal Birth 17

**Chapter 8** Diagnosis of Perineal Trauma and Identification of Obstetric Anal Sphincter Injuries 18
*Assessment of Perineal Trauma 19*

**Chapter 9** Management of Perineal Tear 21
*Surgical Management of Anal Incontinence 24*

**Chapter 10** Laxative Use Recommendations, Antibiotic Use and Pelvic Floor Exercises 28
*Pelvic Floor Exercises 29*

**Chapter 11** Complications of Perineal Trauma and the Role of Perineal Clinic 32
*Role of Perineal Clinic 33*

**Chapter 12** Concerns in Future Pregnancy and Mode of Delivery 35

**Chapter 13** Hemorrhoids in Pregnancy and its Management 37
*Anatomy and Classification of Hemorrhoids 37*
*Pathophysiology 38*
*Treatment 40*

**Chapter 14** Managing Constipation in Pregnancy 43
*Predisposing Factors 43*
*Nonpharmacological and Pharmacological Alternatives in Constipation 43*
*International Guidelines in Management of Constipation in Pregnancy 44*
*Evidences in Management of Constipation in Pregnancy 44*

*Index* *47*