

## Postpartum Perineal and Pelvic Floor Complications

### Objectives

- Review the classification of perineal lacerations and their associated characteristics
- Compare and contrast surgical repair techniques for the different types of perineal lacerations
- Discuss the risks and impact of perineal lacerations and pelvic floor disorders in pregnancy, postpartum and beyond
- Describe the changes to the pelvis and urinary tract during pregnancy and the muscular anatomy of the female perineum
- Summarize strategies to promote pelvic health and prevention of perineal lacerations and pelvic floor disorders

### Content Outline

1. Pelvic Anatomy and Physiology
  - A. Perineal anatomy
  - B. Pregnancy-related to changes to pelvis and urinary tract
2. Classification of Perineal Lacerations and Pelvic Floor Disorders and Their Characteristics
  - A. Perineal lacerations
    1. First degree
    2. Second degree
    3. Third degree
    4. Fourth degree
  - B. Pelvic floor disorders
    1. Urinary incontinence
    2. Overactive bladder
    3. Fecal incontinence
    4. Pelvic organ prolapse
3. Surgical Techniques for Laceration Repair
  - A. Analgesia and exposure
  - B. Use of different type of sutures
  - C. After care
4. Prevention Strategies
  - A. Perineal lacerations
    1. Perineal massage during pregnancy and labor
    2. Perineal support during labor
  - B. Pelvic Floor Disorders
    1. Behavioral and dietary modification
    2. Physical therapy and biofeedback
    3. Pessary use
    4. Medications and hormone therapy

### Reading Material Resources -Page 2

## Reading Material Resources

### **Module WB2408: Postpartum Perineal and Pelvic Floor**

**Complication** is based on the resources listed below. A copy of each resource is included with the module.

Obstetric Lacerations: Prevention and Repair, Arnold, et al., American Family Physician, Volume 103, Number 12, June 15, 2021, 745-752

Recognition and Management of Pelvic Floor Disorders in Pregnancy and Postpartum Period, Madsen, et al., Obstetric and Gynecologic Clinics of North America, 48 (2021), 571-584