

Elastolabo[®]

Perineal Massage Gel

Instructions for use

INTENDED USE

Regular ante-natal perineal massage can reduce the risk of perineal tears or the need for episiotomy during childbirth. Perineal massage is a recognized technique that prepares a woman's perineum – the tissue between her vagina and her anus - so that it stretches more easily during childbirth. Elastolabo[®]'s lubricating, softening and soothing ingredients have been clinically proven to increase the extensibility and elasticity of a woman's perineal tissue.

INSTRUCTIONS FOR USE

Elastolabo[®] is for use by pregnant women from week 32 of pregnancy. You may find it more comfortable to perform the massage after a shower or bath.

1. Carefully wash your hands before applying Elastolabo[®]. Pierce the end of the tube using the cap before first use.
2. Find a private and comfortable position for the massage. For example, lying on your back on a bed with your knees bent and your legs apart or squatting whilst leaning your back against your bathroom wall.
3. Squeeze sufficient Elastolabo[®] gel onto your fingers to allow comfortable massage of your perineum and apply the gel to the outside of your vagina.
4. First, massage the area around the outside of your vagina using circular movements of your fingers for a few minutes in order to increase the blood circulation to these tissues. This will make the massage of your perineum easier and more comfortable.
5. Continue the massage by pushing one or both thumbs, or two fingers, 2 to 3 cm into your vagina. Stretch your vagina down, gently, towards your anus, until you feel a tingling sensation. Hold this pressure steady for about two minutes or until the area becomes a little numb and you don't feel the tingling as much. Release the pressure if you experience pain or discomfort.
6. Starting from this lower position of your fingers or thumbs in your vagina, and continuing to use light pressure, move your fingers or thumbs to one side of your vagina while pulling outwards and upwards at the same time - gently pulling these tissues forward as though they were being pushed by the baby's head during birth.
7. Still pulling gently, slide your fingers or thumbs back down to the lower part of your vagina, and again pull the tissues towards your anus. Now continue the movement over to the other side of your vagina, massaging outwards and upwards again, so that you have now made a "U-shaped" movement around the inside of your vagina.
8. Continue the massage for 10 minutes using this "U-shaped movement". Try and relax your perineum as much as possible during the massage.
9. Massage should be performed daily from week 32 of pregnancy until childbirth.
10. If you feel pain stop the massage and try again the next day or when you are more relaxed.

This technique helps to train your perineum, making it more elastic and able to relax ready for the stretching that it will undergo during childbirth. As your perineum becomes more extensible (stretchy) and elastic over time

you can gradually increase the pressure you apply.

If you have scar tissue from a previous birth this may not be as elastic as your other tissue and may need specific massage.

Try to avoid your urinary opening (urethra) during the massage.

You may find it easier to apply the massage pressure using your thumbs rather than your fingers. However, your partner may perform your massage for you if this is easier or more comfortable.

COMPOSITION

Polyglyceryl-3 Beeswax, Prunus amygdalus var. dulcis oil (sweet almond oil), Citric acid, Ascorbyl Palmitate, Tocopherol (Vitamin E), Lecithin, Petrolatum, Hydrogenated Castor Oil, Silica, Lysine Carboxymethyl Cysteinate (Elastocell[®]), Paraffinum Liquidum

CONTRA-INDICATIONS

Do not use Elastolabo[®] if you are hypersensitive to any component in the product.

Do not perform perineal massage if your pregnancy is at risk of pre-term delivery, if you have a low-lying placenta, if perineal massage induces contractions or if you have premature rupture of membranes (vaginal bleeding).

Do not perform perineal massage if you have vaginal herpes, vaginal thrush, or other vaginal or urinary infection.

If you are unsure about these or have other concerns please discuss them with your midwife or doctor before using Elastolabo[®].

WARNINGS

Keep out of the sight and reach of children.

Store at 15-30°C.

Do not swallow.

OTHER

Non-irritant, non-sensitising formulation.

Gynaecologically tested.

Fragrance free.

Latex free.

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