

An episiotomy is a small cut that your provider may make into your vagina to help the baby come out.

It just means making a little extra room for your baby to deliver vaginally.

Routine episiotomies at the time of delivery are not common anymore.

The only time episiotomy is really recommended anymore is if the baby really needs to be born right now.

And so your provider will make that decision at the time of delivery and obviously will talk to you about that at that moment.

A number of women do have tears or lacerations at the time of delivery.

Sometimes a quick delivery or rapid delivery can predispose that to happening or having a large baby predisposes someone to having tears.

If there are tears at the time of delivery, if they're superficial and not bleeding, we don't even necessarily need to sew those together because they heal quite well.

If they're deeper or bleeding, then we do need to sew them together.

They can be a little uncomfortable but the sutures that we use are dissolvable sutures. You don't need to come back in the office and have anything removed and they spontaneously heal on their own. It takes about six weeks.