

perimom

INSTRUCTIONS FOR USE

MODE D'EMPLOI

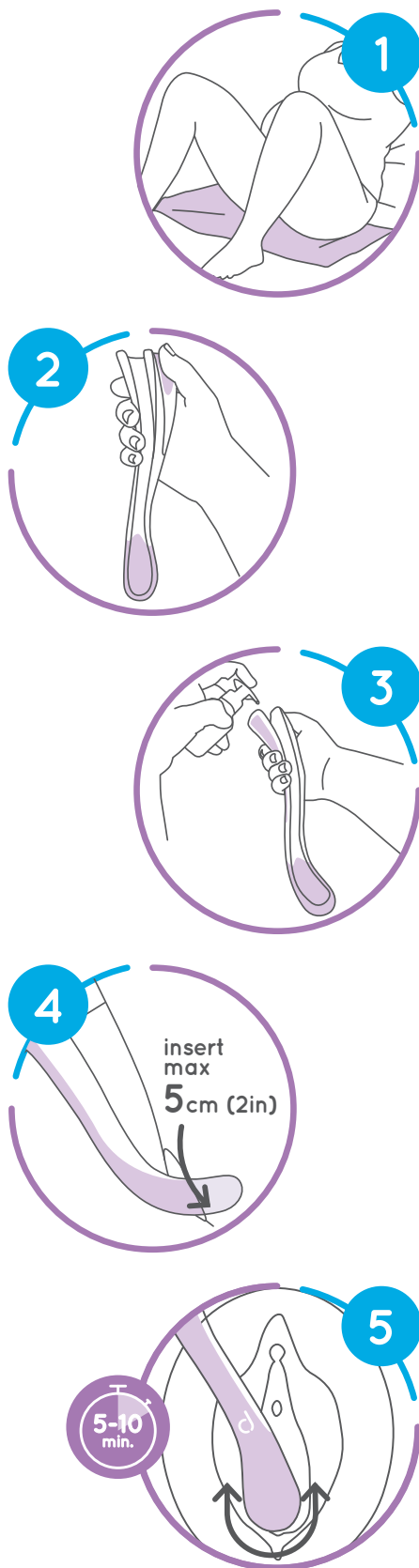
GEBRAUCHSANWEISUNG

ISTRUZIONI PER L'USO

INSTRUCCIONES DE USO



ENG Follow instructions for use
FRE Suivez les instructions d'utilisation
GER Gebrauchsanweisung beachten
ITA Segui le istruzioni per l'uso
SPA Siga las instrucciones de uso



ENG

INTRODUCTION

Thank you for purchasing the Perimom Perineal Massager. In a few minutes, you can start performing perineal massage on your own. Using the Perimom Perineal Massager, there is no need for a partner and no need for physical flexibility to reach your perineum - just you, in the comfort of your own home, anytime that suits you best. It is that simple. Before you start, please read the instructions below.

WHAT'S IN THE BOX

- 1 Perimom massager
- 1 Soft bag
- 1 Instructions for use

WHAT YOU WILL NEED (NOT PROVIDED WITH THIS PRODUCT)

- > Unscented massage oil of your choice
- > A clean towel

INDICATIONS/INTENDED USE

The Perimom Perineal Massager is intended to provide pregnant women with easier access to the perineal tissue for the purpose of antenatal perineal massage.

HOW TO USE THE PERIMOM MASSAGER

Before first-time use

Remove Perimom from its bag. Wash Perimom thoroughly with warm soapy water. Rinse and dry it thoroughly before use. You are ready to go!

How to locate your Perineum

The perineum is located between the anus and the base of the vaginal opening. The Perimom smooth tip is placed at the bottom of the vaginal opening, slightly within - so that the area between the vagina and anus can be massaged.

Using Perimom

1. Sit comfortably in a semi-reclined position on a clean towel. Keep the massage oil nearby.
2. Hold the top end of Perimom's handle firmly with your **right** hand. The Perimom can only be used with the right hand.
3. Oil the smooth rounded concave bottom tip of the Perimom. This can be done in two ways:
 1. Apply oil to the tip and then place it on the perineum.
 2. Press the tip gently to your perineum and then pour massage oil into the designated channel until a small amount reaches the lower end of the device touching the perineum.
4. Start massaging the perineal area with the smooth rounded concave bottom of the device. Exert light downward pressure and stroke the perineum. If you feel that there is too much friction, add more oil to make the massage experience more pleasant.
5. Continue to massage for 5-10 minutes. Take deep slow breaths and keep a clear and relaxed mind. Take breaks as needed and then start again until you've massaged 5-10 minutes total.

CLEANING AND STORING

Perimom should be thoroughly cleaned using soapy water immediately after use and dried thoroughly before storing in the bag provided.

ADDITIONAL TIPS

- > Take a warm bath or shower before you start. This will relax you and make your perineum more supple.
- > Try to avoid any noise or distractions so you can relax while performing the massage.

FREQUENTLY ASKED QUESTIONS

Using Perimom

How much oil should I use?

The Perimom smooth end should feel oily and move smoothly without friction on your perineum - you don't need more than a teaspoon.

How hard should I press down with the Perimom perineal massager during the massage?

Start with very light pressure and increase the pressure as your perineum stretches and the tissue becomes softer. This process should not be painful.

How do I know when the massaging is working?

You should feel the perineum become softer and more supple after a few days of performing the massage.

How do I clean the Perimom?

The massager should be cleaned with soapy water and rinsed with clear running water, then dried thoroughly before returning the device to the provided storage bag.

Troubleshoot

I feel a tingling/uncomfortable sensation during the massage. Is this normal?

Some slight discomfort can happen in the first few days of perineal massage, but this sensation should go away after several days of use.

What happens if the tingling/uncomfortable sensation doesn't go away?

Stop using the Perimom Perineal Massager and consult with your healthcare professional.

What should I do if a rash or redness appears in the vaginal area after use?

Stop using the Perimom Perineal Massager and consult with your healthcare professional.

PRECAUTIONS (CONTRAINDICATIONS)

You should not use this device if you have any of the following:

- > If you are in a high-risk pregnancy group
- > If you have pre-term contractions
- > If you have been diagnosed as being at risk for pre-term labor
- > If you have placenta previa
- > If you have an active herpes outbreak or other vaginal or sexually transmitted disease
- > If you have vaginal bleeding
- > If you have a risk for placental abruption
- > If you are pregnant with multiple fetuses when the lower one is in breech presentation
- > If you have undergone a surgical procedure in the perineal region

WARNINGS:

1. Always wash and thoroughly dry your Perimom massager before the first use and after each subsequent use.
2. Always use oil when massaging your perineum to prevent injury from friction.
3. The Perimom Perineal Massager is intended to be used with your **right hand**. Do not attempt to use this device with your left hand.
4. For the prevention of infection, do not share your Perimom Perineal Massager with anyone.
5. This device is intended to be used for a single pregnancy. Do not reuse this device for a subsequent pregnancy.
6. Do not use the Perimom Perineal Massager if the device is damaged in any way.

Note: Please save the serial number on the box for future reference if you have any difficulties.

QUESTIONS?

Visit www.perimom.com or email us at questions@perimom.com