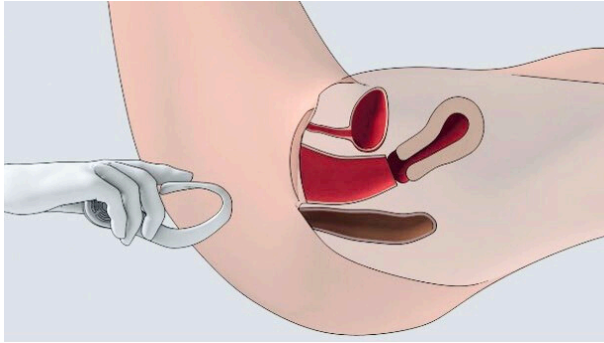


# Hegenberger Retractor - Key Steps

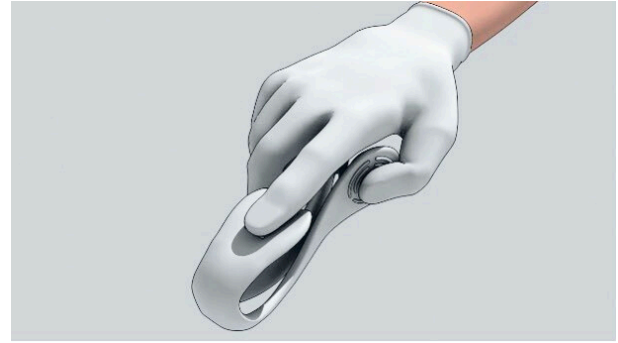
The Hegenberger Retractor is intended for women after a vaginal delivery.  
Only to be used by a clinically educated professional after training.  
**Please ensure you have also read the Instructions For Use (IFU).**

## Positioning of Patient

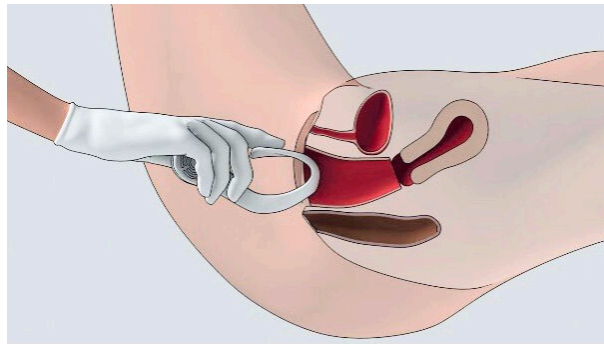


- 1** It is important that the patient is in a supine position with the legs elevated in a lithotomy position and a well-functioning local anaesthetic.

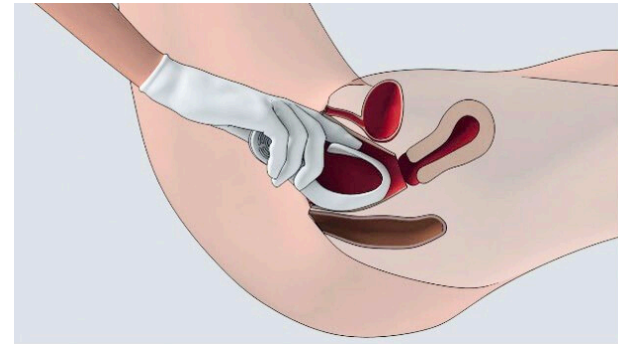
## Inserting the Retractor



- 2** Gently press the sides of the retractor together before inserting.

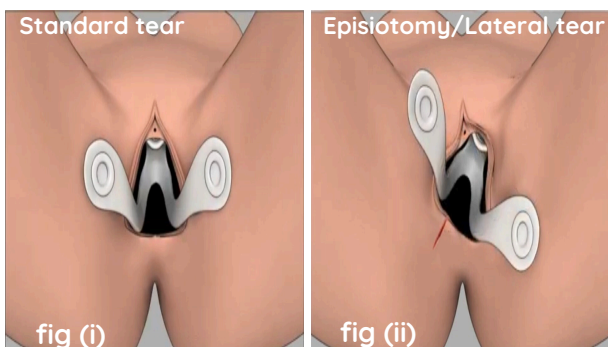


- 3** Keep the sides of the retractor compressed while inserting it in the vagina. **Do not apply lubrication.**



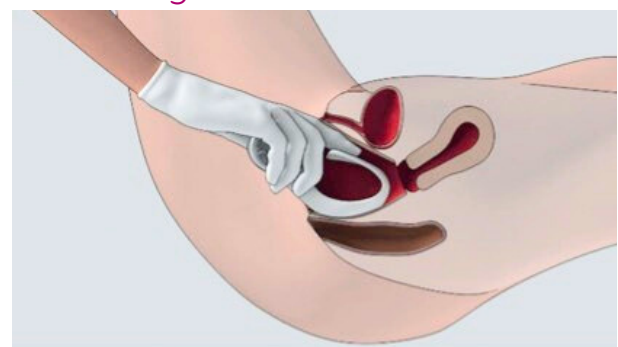
- 4** Ensure that the top of the retractor has been inserted past the pubic bone before releasing the sides.

## Correct Placement



- 5** Correct placement is shown in **fig (i)**. If you have a lateral tear or an episiotomy, you rotate the Retractor before placement and place it as shown in **fig (ii)**.

## Removing the Retractor



- 6** Gently push the Retractor a little further in to disengage it from behind the pubic bone. Gently place your finger on the ridged section press down on the top ridged section to guide the Retractor from underneath the pubic bone.

