

# 7 Key Steps

Obstetrics



## Using the Hegenberger Retractor

1

Open the pouch and remove the retractor. Hold the retractor as shown in the image. **Do not apply gel or lubrication.**



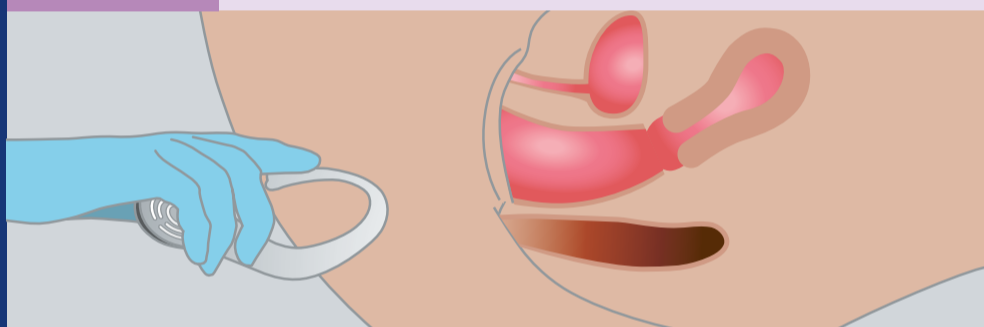
2

Gently press the sides of the retractor together, place your index finger on the top piece for control before placing in vagina.



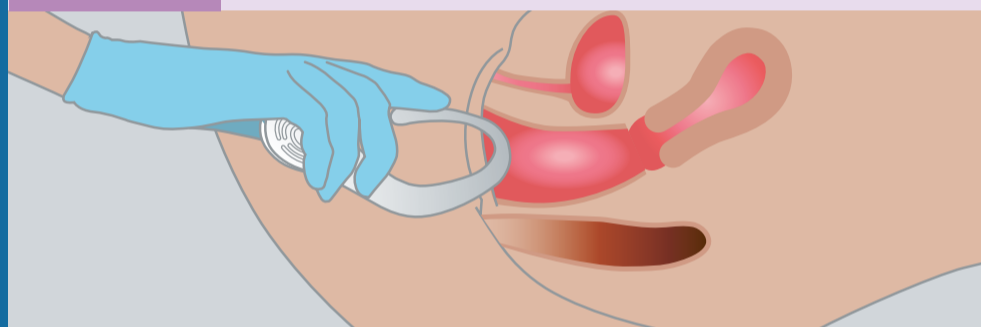
3

It is important that the patient is in a **supine position** with the legs elevated in stirrups. The patient **must not** be sitting or in a semireclined position. This will cause the retractor to slide out.



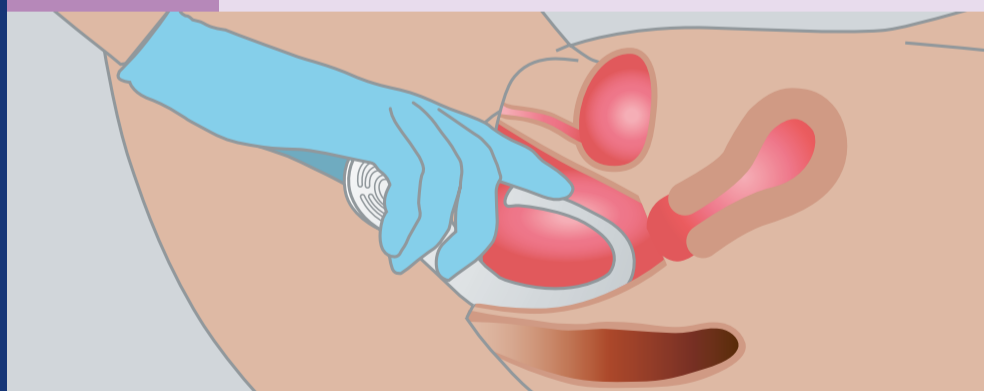
4

Keep the sides of the retractor compressed while placing the retractor until the circles on the retractor are located level with labia Majora.



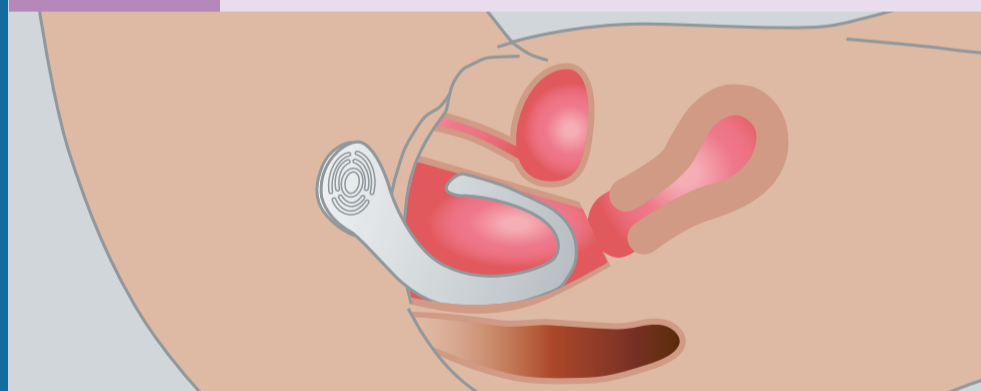
5

Ensure that the top of the retractor has been inserted past the pubic and ensure that the circles on the retractor are at level of labia Majora. Before releasing the sides, ask the patient to relax her bottom before gently releasing the sides. **Do not rotate the retractor inside the patient.**



6

Correct placement is shown in this image. If the patient has an episiotomy or lateral tear, you rotate the retractor before placement according to where the tear is located.

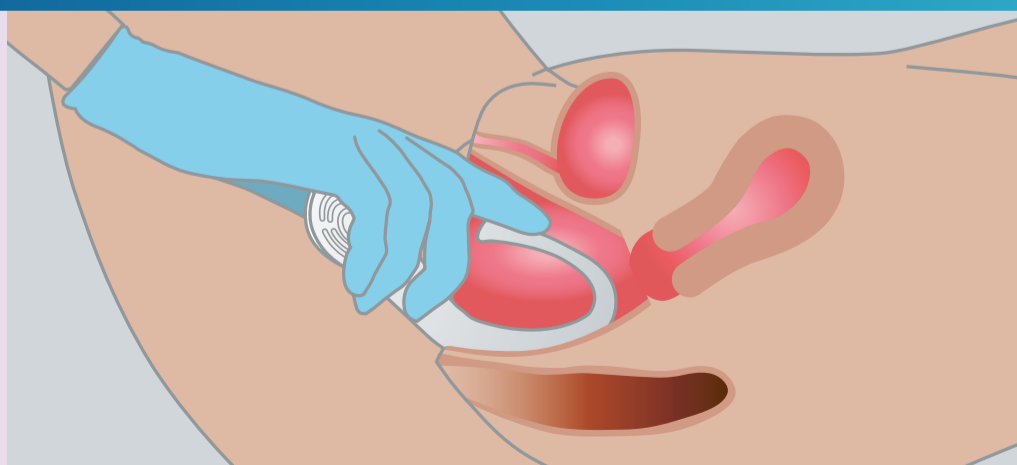


7

### Removing the Retractor

First you gently push the retractor a little further in to disengage it from behind the **pubic bone**. Then you place your index finger on the top piece to ensure the retractor is clear of the cervix.

Gently press the sides of the retractor together and press down on the top part and gently retract the retractor from the vagina.



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Manufactured by Wingplast AB on behalf of Hegenberger Medical.

The Hegenberger Retractor is only intended for use on women following vaginal delivery. It is only intended for use by trained clinical professionals after understanding the instructions for use. The patient must be in a supine position with elevated legs. Not to be used for paediatric patients or for placement in patients who have not delivered vaginally or in cases where force would be necessary for insertion. Not to be used in cases involving post-partum haemorrhage. Not to be used without informed consent from the patient. Not to be used during pregnancy. Not to be used for anterior wall procedures. Not for reuse.

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