

Returning to Sex

Returning to sex after a baby can cause a lot of worry and stress for women after birth. A combination of factors which include; fatigue, sleep deprivation, hormonal changes, post-partum body changes, fear and pain after a perineal tear or episiotomy can all make the desire to have sex low.

There is no need to rush back into sex and the time is right, when you are ready. It is best to wait until at least 6 weeks after birth or until the lochia has stopped to recommence sex with your partner. Having sex prior to this period can increase your risk of infection.

It is important to remember that you can still get pregnant whilst breastfeeding or if you have not had a period. You can ovulate prior to getting your period back, so it is recommended to find a suitable contraceptive method for you and your partner.

Common complaints with sex after birth

- Vaginal dryness
- Pain and discomfort
- Low desire
- Increased self consciousness about body and physical changes
- Changes in sensation and arousal during sex

What can be done to help improve sex after birth?

1. Using a good quality lubricant
 - ensure it is condom compatible if you are using condoms as your method of birth control e.g. uberlube, ansell luxe
2. Seek help for any pain or discomfort with sex
 - seeing a Pregnancy and Pelvic Health Physio can help to assess and provide specific treatment for any contributing factors to painful sex such as tight muscles, scar tissue
3. Pelvic Floor Exercises
 - strengthening your pelvic floor muscles can help to improve vaginal sensation and arousal during intercourse
4. Date night time and make time for your 'new relationship' with your partner
5. Make time to exercise and have some mummy time
 - A 20 minute walk can make a huge difference to your mood and self-esteem by boosting your natural feel good hormones.
 - If you can make time to walk and have 10 minutes of alone time where you can relax, scroll through Instagram or Facebook, watch videos on TikTok it will all help you to stay more relaxed and happy