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Sex, bladders & bowels

Essential info for Mums To Be

Jane Appleyard pelvic floor physiotherapist, mum and new grandma talks frankly about sex, bladders and bowels

I'm going to cover some things that new mums don't chat about. Possibly because everyone is trying to be a Super Mum (for the record they don't exist) or because some subjects are off limits at mother and baby groups!

Sex

Remember going to bed for some fun rather than hoping for a good night's sleep?

Statistics say 78% of women have resumed sex three months after the birth.

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Don't worry if everything feels a bit 'different' down there for a while. Good pelvic floor muscle tone helps improve sensation and it takes time for muscles to strengthen.

It's also going to look different too. Again, as tissues heal and swelling settles the vaginal entrance will begin to look and feel more like it did before.

It's quite common to have sensitive scar tissue so don't 'go for gold' first time. Sometimes it takes a few gentle attempts before full penetration is comfortable.

If you're breast feeding and your periods haven't returned you may have low oestrogen,

which can lead to vaginal dryness. It's this hormone that keeps your vagina well lubricated and supple.

Use a high quality lube such as 'Yes' but if discomfort continues see your GP.

Bladder and Bowels

Don't forget to eat and drink. Sounds crazy but you can become so wrapped up in your babies' routine you can forget about yourself. Lack of fluids and a poor diet causes constipation and straining, not great after delivery.

The adverts showing happy smiling women wearing continence pads should be banned! It's not normal to be a leaky lady after having a baby.

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Pelvic Floor Muscles

French women have 20 pelvic floor sessions as part of their postnatal care! Pelvic floor exercises are important. How do you know you're doing them correctly?

If you want some guidance on how to check out your own muscles read my blogs or watch the video tutorials on the De Smit Medical Systems website desmitmedical.com. (Great viewing for those nighttime feeds.)

The next pregnancy...

Perhaps not on your mind at the moment but it's worth remembering how you managed the pain in labour.

Every delivery is different and the first is usually the worst (honest). Check out obstetric TENS units if you've not used one before. Great drug free pain relief that you can control.

For more information visit www.desmitmedical.com



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