

Intercourse after having a Baby

When is it safe for me to have penetrative sex after having my baby?

- If you have had a tear and stitches you may want to wait at least 6 weeks after having your baby to ensure that you have fully healed
 - You may feel quite anxious so make sure that you feel ready and don't rush into things. Take it slow!
 - Some women don't feel ready to have sex again for months. Everyone is different depending on their experiences
 - If you experience any persistent discomfort or pain speak to your GP
 - Remember to decide on what contraception to use
- If you had a perineal tear or episiotomy (cut) during labour, you may want to try decreasing any sensitivity in the area by doing some scar massage before you return to sex (see separate PowerPoint)
 - Your partner can help with the massage if you feel comfortable with this
 - Use plenty of lubrication when you return to sex to avoid any discomfort. Your postnatal hormone levels may affect how things feel and you might feel drier than before you had your baby, particularly if you are breastfeeding
 - Try a natural, unscented form of lubrication
 - It can be useful to choose a position that gives you control over penetration



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