

## **MS11 VT02 Intimacy After Delivery**

[Music]

So, when you're thinking about intimacy after delivery, some people are interested in resuming sooner than others, and it's a very personal choice. For medical reasons, we generally recommend pelvic rest or nothing in your vagina for six weeks, even if you had a C-section. You can use your abdominal muscles a lot during intercourse, and we want those to rest after a C-section as well. Another thing to keep in mind with intercourse after delivery, especially if you're breastfeeding, is that the hormones of breastfeeding can suppress your normal natural estrogen which is the hormone that gives your vagina moisture. So, you may find that you'll need a lubricant while you're breastfeeding or postpartum, and that's really normal and it tends to go away after the breastfeeding ends. Once the bleeding has stopped and once you're comfortable and once that six weeks are up, we encourage you to be intimate with your partner if that's what you choose to do.

For a lot of moms, they feel that this may not be the best time for them to engage in certain activities. A lot of that is depending upon the couple and what feels most comfortable for them.

There's many ways to be intimate if intercourse is not something that you're interested in.

It may be just intimate touching or holding.

Cuddling. All those things are totally fine.

So, it's a large variety, and it's okay to listen to your body and what you want to do.

[End of recording]