



Top 10 Tips For Postpartum Perineal Recovery

PREPARE FOR THE PAIN

After stitches in the vagina or perineum, it can be normal for it to hurt when we get in/out of bed, or get up and down from a chair, or go to the bathroom. HOWEVER, it is vitally important that you stay on top of your pain. Even if you are a person who typically doesn't take pain medication, know your options and have a plan.

SITTING CAN SUCK, SO TRY THESE:

1. If it hurts to get up out of a chair, try squeezing your glutes (your butt muscles) just BEFORE you stand up to see if it helps
2. Try and use chairs with arm rests as much as possible so that you can use your arms to help push yourself up out of the chair.
3. If sitting is uncomfortable, try sitting on a pillow for more cushion
4. You could also try perching on the edge of the chair for shorter periods of time so its easier to get up afterwards.
5. Don't sit! Getting up from a reclined position on the couch or a lounge chair can be really tough. If you can, lay down instead (especially when you are relaxing)

PERI-BOTTLES FOR THE WIN

Peri-bottles are often touted as a birther's best friend. They are a must-have and they can help in a number of ways. Not sure how to use them? Check out <https://nurturancehealth.ca/perineal-stitches-our-top-10-tips/>

GET A STOOL SOFTENER

After birth, constipation is common. Avoid pressure or straining to have a bowel movement and don't wait for your stool to become large or hard before you do anything. Be proactive and get a stool softener in advance. Not sure what kind or which brand? Talk to your doc. Get a step-stool for the bathroom too!

DON'T RUSH SEX

Postpartum people are often cleared for sex at their 6-week postpartum check. But many people don't feel ready yet. It's A-OKAY to wait. Sex is complex; our relationships are complex. Honour how your body feels and how it is healing



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GIVE YOUR CROTCH A HAND

It can hurt to laugh, cough or sneeze (that's normal). If you need to do any of those, hold your perineum for support.

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REST, REST, REST

Remember there is a formidable amount of healing going on right now -both from injury to your muscles and from birth!
Stay in bed as much as possible for the first week.
Then stay around the house for the second week.

8

VARY YOUR FEEDING POSITIONS

If you are breast or chest feeding, set yourself up well! Have enough pillows or props to support both you and your baby. Better yet, don't sit! Try laid back or physiological nursing, or side lying positions for feeding.

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HYDRATE & GET ENOUGH PROTEIN

Stay hydrated and eat well. Your body is doing a lot of major healing work right now. Many postpartum people aren't eating enough protein. Remember that your body needs energy and the best building blocks to do all that repair work. It's often easier to grab quick snacks, but get some help with protein preparation if you need to (or try a protein shake!)

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CONSIDER PHYSIO

You can always reach out to your local pelvic floor physio for support and guidance throughout your healing and postpartum period. Ask all your questions. Virtual support can also be a great thing in the early weeks so you don't have to go anywhere for an appointment.

