

# POSTNATAL

## INFORMATION

Firstly congratulations on the safe arrival of your beautiful baby. You've cared for your growing baby for the last nine months, so now its time to look after yourself. Your body has gone through an enormous amount of change and still is postnatally.

### TIPS TO OPTIMISE HEALING:

- Keep moving as much as possible (e.g. slow walking) everyday if you can.
- Get as much rest as you can.
- Stay hydrated and keep the nutrition up.
- Reduce chances of constipation.

### TIPS TO OPTIMISE HEALING WITH C-SECTION BIRTH:

- Walk or stay active most days.
- Get as much rest as you can.
- Sit to put shoes on or get dressed to avoid tugging on scar.
- Massage your C-section scar to break up scar tissue.
- When rolling over in bed, keep your knees together, if rolling causes discomfort.
- Only resume physical activity once checked by your GP or Physiotherapist
- Continue to wear high waisted underwear and loose clothing until your scar is completely healed and pain free.
- Be sure to resume a core specific exercise program to regain strength.
- Even though you havent had a vaginal birth, you still carried a baby for 9months which puts just as much stress onto your pelvic floor, so be sure to perform your pelvic floor exercises outlined by your Physiotherapist.



### TIPS TO OPTIMISE HEALING WITH VAGINAL BIRTH:

- Try and change sitting positions to take the pressure off.
- Be sure to sit on softer surfaces.
- Apply heat pack to any areas of soreness for comfort and to promote healing after 72hrs.
- If you have experienced a tear/trauma, wearing a maternity pad or two can provide compression to reduce swelling.
- Wear loose comfortable underwear and clothing until your have minimal pain and reduced swelling.
- Only resume sexual intercourse when you feel comfortable and ready to.
- Be sure to perform pelvic floor exercises outlined by your Physiotherapist.