

Post Partum Changes which can impact on sexuality / sexual functioning.

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Physical	<ul style="list-style-type: none"> • Pain (wound; scarring / granuloma / neuroma; secondary vaginismus) • Vaginal / Vulval structural changes • Bladder problems, Incontinence • Bowel problems • Fatigue • Hormonal changes (esp. oestrogen and testosterone) • Breast changes • Sensory overload
Psychological (Her)	<ul style="list-style-type: none"> • Anxiety / Fears • Post Traumatic Stress Disorder • Sense of being damaged or traumatised • Change of body image – feeling undesirable • Change of self image – as mother rather than sexual woman • Emotionally overwhelmed • Depression
Psychological (Him)	<ul style="list-style-type: none"> • Traumatized by the experience • Increased responsibility • Feeling left out / neglected • Unmet needs
Relationship	<ul style="list-style-type: none"> • Focus on parenthood, rather than each other as a couple • Feeling uncertain, “out of their depth”, out of control in the tasks of parenthood • Increased responsibility • Feeling unsupported or neglected • Differences in approach to parenthood can lead to conflicts • Relocation of roles and tasks • Lack of time together / fun / romance / affection • Lack of communication • Exacerbation of any preexisting relationship difficulties
Family	<ul style="list-style-type: none"> • Increased demands of other children • Differences in approaches from the 2 sides of the family • Possible cultural differences • Expectations and demands of extended family creating stresses