

Recovery After Vaginal Birth

Brought to you by the Australasian Birth Trauma Association

Vaginal Birth

A vaginal birth can be a huge challenge, both physically and mentally. Even if you've had a trouble-free birth, you will likely feel quite different from how you normally feel as your mind and body go through some big changes. Knowing what to expect, what's normal, and when to seek help, is important for your recovery.

THINKNATAL™ is a series of educational resources aimed at providing support and information on a variety of topics that are often excluded or underrepresented in existing antenatal education. This is in collaboration with consumers and a range of clinicians involved in maternity care, such as midwives, obstetricians, women's health physiotherapists and mental health clinicians.



• Your breasts
larger than usual
APPROX 1 WEEK
PAIN, LIKE PERIOD PAIN

• Your belly
uterus
HEAT PACK

• Going to the toilet
Worry = normal
• soreness
• things feel unusual

• Haemorrhoids
CLEAN WARM WATER
DRY CAREFULLY
20 mins
ICE PACKS
Thin Towel

• Stitches
Bathe them regularly
ICE PACKS
Thin Towel
20 mins

• Bleeding
HEAVY
STOP
LARGE CLOTS
A FEW WEEKS
IMMEDIATELY

• Support team
HEALTH PROFESSIONALS
LOCAL SUPPORT GROUPS
YOUR PARTNER
Are you OK?
Time Out
Emotionally numb
feelings
WEEKS/MONTHS LATER

• Information
TALK
Hmm...
ABOUT YOUR BIRTH EXPERIENCE
IT'S A **GOOD CHOICE!**

• VAGINAL BIRTH
CHANGES
1. 2. 3. 4. 5.
Wow.
Your NEW LIFE
common.

IF ... it's difficult to pee!
• midwife
• doctor
GUYDOWNES©

Accessing Resources

To find our ThinkNatal™ resources visit our website.

birthtrauma.org.au/thinknatal