

b. Physical Discomforts

MODULE 7

Let's look at the causes of physical discomfort after a vaginal delivery and discuss coping techniques.

Whether you have had an episiotomy or not your perineum (area between the vagina and the rectum) will be swollen and sore.

Here are a few tips to soothe perineum pain.



Pushing during delivery may cause hemorrhoids. If you had some during your pregnancy, the delivery may have increased the swelling and the pain.

Here are a few tips to relieve the swelling and the pain of hemorrhoids.



Hemorrhoids, which can be quite painful, should disappear on their own as your body recovers from pregnancy and delivery.