



INTERCOURSE AFTER DELIVERY

During delivery, many of your vaginal tissues are stretched and often torn. Your cervix dilates and often undergoes a certain amount of trauma. It takes approximately 6 weeks for your uterus, cervix, and vaginal tissues to return to their normal pre-pregnant state. Because of this, your physician will probably ask you to wait for six weeks after delivery to have intercourse.

Many women are concerned about pain during their first intercourse after delivery. Most women do not feel significant discomfort if it has been 6 weeks since their delivery. Additionally, if you had an episiotomy, your stitches should have dissolved during this time period. You should notice minimal discomfort at the site of your episiotomy.

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