

Resuming Sex

Postpartum

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Your Extended Family



Your Extended Family

How soon can I have **sex**?

Some moms feel ready to resume sex within a few weeks of giving birth. Others need a few months or longer. Feelings of stress or fear of pain can affect your sex drive.

Many health care providers suggest waiting four to six weeks before having sex. This will allow your body to have enough time to heal.

Will **sex** hurt?

Changes in your hormone levels can make your vagina dry or tender. If you feel dry, try using a lubricant cream or gel. If pain continues, talk to your provider.

How soon should I use **birth control**?

Use birth control as soon as you start having sex again. Talk to your provider to find out what method is best for you.



Give yourself time to heal.

You will have bleeding after childbirth and that means you are still healing. Bleeding makes vaginal infections more likely.

Having sex **too soon** may also cause pain.

Talk to your provider about the best time to begin having sex again.

