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Sex & Contraception after birth

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Rules: Sex & Contraception after birth

There are no rules about when to start having sex again after you have given birth.

You'll probably feel sore as well as tired after your baby is born, so don't rush into it.

If sex hurts, it won't be pleasurable. You may want to use a personal lubricant, available from pharmacies, to begin with. Hormonal changes after birth can make your vagina feel drier than usual.

You may be worried about changes to your body or getting pregnant again. Men may worry about hurting their partner.

It might be some time before you want to have sex. Until then, both of you can carry on being loving and close in other ways.

If you or your partner have any worries, talk about them together. You can talk with your health visitor or GP if you need some more help.



Tips for starting sex again after birth

If penetration hurts, say so. If you pretend that everything's all right when it isn't, you may start to see sex as a nuisance or unpleasant, rather than a pleasure. You can still give each other pleasure without penetration – for example, by mutual masturbation.

Take it gently. Perhaps explore with your own fingers first to reassure yourself that sex won't hurt. You may want to use some personal lubricant. Hormonal changes after childbirth may mean you aren't as lubricated as usual.

Make time to relax together. You're more likely to make love when your minds are on each other rather than other things.

Get help if you need it. If you're still experiencing pain when you have your postnatal check, talk to your GP.

Contraception after having a baby

You can get pregnant as little as 3 weeks after the birth of a baby, even if you're breastfeeding and your periods haven't started again.

Unless you want to get pregnant again, it's important to use some kind of contraception every time you have sex after giving birth, including the first time.

Source: <https://www.nhs.uk/conditions/baby/support-and-services/sex-and-contraception-after-birth/>

