

afterbaby

Congratulations on the birth of your baby! Along with the joy your infant brings, you may notice that your body has changed as well. Pregnancy, vaginal delivery, size of your infant and possible procedures such as episiotomy, forceps or assisted delivery have an impact on your pelvic floor muscles that support your organs and back. “Getting back in shape” means more than just fitting into your old clothes.

If you notice any of the following symptoms after giving birth, please talk to your doctor:

- > Leaking urine when you cough, sneeze, laugh or lift beyond the 6 week post-partum phase
- > Leaking urine or stool “on the way” to the bathroom, or urgency
- > Urinating more than once per hour or getting up more than 2x at night to go
- > Noticing urine in your underpants without being aware it has passed
- > Pain during intercourse
- > Low back pain or a feeling of heaviness in your pelvis
- > Inability to empty despite a strong feeling that you need to urinate

WE CAN HELP

Edward Urogynae Services and Continence

Center is available to help you with these problems. Our highly trained urogynecologists, urodynamic nurse specialist and physical therapy staff specialize in the treatment of women’s health issues. **For more information or to schedule an appointment please call (630) 527-5120 or visit www.edward.org.**

PELVIC MUSCLE EXERCISES (KEGEL'S)

The muscles that surround the vagina and help support the pelvic organs and maintain bladder and bowel control are called “pelvic floor muscles”. When these muscles are weak, women may lose urine because support for the bladder is decreased. Symptoms may include urinary or bowel urgency, frequency or leakage with coughing, sneezing or exercising.

Pelvic muscle exercise technique

- > Draw the muscles in the area around the vagina quickly and deliberately together as though you were trying to stop urine or gas from passing.
- > Hold the contraction for at least 5 seconds.
- > Relax completely for 5 seconds.
- > Repeat cycle.
- > When performing exercises, keep abdomen, buttocks and thighs relaxed.
- > Performing these contractions by attempting to stop stream is discouraged and may harm bladder.
- > Self check TIP: Cup hand over vaginal opening. Perform squeeze. Vaginal lips should lift off fingertips.
- > Start the program by exercising 3-5x per day with 10 contractions each time.
- > Each week add 5 more contractions each time so that by week 3, you are doing 5 sets of 20 each day. That's 100 per day!

Benefits:

- > Improved pelvic floor strength and tone
- > Improved ability to hold urine and bowels
- > Improved ability to feel pleasure for those sexually active