

BOWEL & BLADDER HEALTH



Peeing may be difficult to initiate or even painful to begin with due to the pelvic floor muscles and tissues needing to heal down there. Hydration is key to getting your stream flowing! Constipation is also very common postpartum due to various things including dehydration. Drinking plenty of water is important to replenish yourself and decrease any blockage that might occur. Below are a couple items that are helpful during postpartum.



Using toilet paper down there after giving birth can be an unpleasant experience. Many women experience pain, soreness, bleeding, etc. A peri bottle is a gentle way to clean the vulva and perineum using warm water.

Emptying your bowels postpartum is important for your recovery. Using a squatty potty helps to create the optimal angle and requires less effort or need to strain to empty your bowels.



Urinary leakage can occur immediately after giving birth but should improve. If you notice increased leakage or other incontinence issues, reach out to our pelvic floor therapist, Dr. Gretta, for an assessment.

TIPS

For easier bowel movements

- *Focus on breathing rather than pushing to eliminate*
- *Drink warm liquids/plenty of fluids*
- *Eat plenty of fiber*
- *Move your body gently*
- *Don't hesitate to use stool softeners*
- *Use a squatty potty!*