



So, you are healed enough to restart sexual relations. Please remember that every woman is very different. Some women have no problems when resuming relations and there are others that experience more discomfort. But there are things you can do to make things go a little smoother.

Think back to your very first time or even the first time after having a baby. Those first times are usually not as enjoyable for her as it is for him. The goal is to be prepared and more importantly...Be patient! Every time should get better with the help of the following tips:

➤ RELAX

Even though you may not be consciously worried, its normal to be unsure ad to how things will feel, if they will be painful, etc. Be assured you will not hurt anything inside the vagina or with your continued healing after surgery.

➤ Have a glass of wine

Try to enjoy the evening and not feel stressed. Having a nice romantic dinner with your partner and a glass of wine can help set the mood for you and can be another way to help you relax.

➤ Kegal Exercises

There can be a physical action during intercourse that can increase discomfort. The muscles you use for Kegal exercises can actually spasm during intercourse and make you uncomfortable. Start a regimen of Kegal exercises for 15 mins immediately prior to intercourse. This will make these muscles tired and decrease their ability to spasm.

➤ Lubrication is good

Because you will be unsure and possibly nervous, you will not have as much natural lubrication. KY Jelly (NOT liquid) is very helpful to make things go smoother. Be sure you are using a water based lubricant like KY Jelly and not a Vaseline product.

Please feel free to call any of our nursing staff with questions or concerns. It is our goal to make this an easy and enjoyable transition for you.