

# Postpartum Body Changes

Your Body After Birth Explained

## Breast Engorgement

Your breasts swell as they are filled with milk. It is normal for them to feel tender and sore. If you plan to start breastfeeding regularly, the discomfort usually goes away. If not, it may last a few days.



## Perineum Soreness

The perineum is the area between your vagina and rectum. During vaginal birth, it stretches and may tear causing you to feel sore. Soak in a warm bath, do Kegel exercises, and ask your provider about pain medicine.



## Swelling

Swelling in the hands, feet, and face is normal during pregnancy due to all the fluid in your body. The swelling may take time to go away after you have your baby.

Make sure to drink plenty of water, lie on your left side when sleeping, and put your feet up.



## Stretch Marks

It is normal to have stretch marks on your belly because that is where your skin stretched the most during pregnancy. You can also get them on your thighs, hips, and bottom. They don't disappear right away but they do begin to fade. Use lotions or creams to help reduce itching.



## Constipation

After giving birth, it takes two to three days to have bowel movement. Weakened ab muscles, bowels traumatized from delivery, or painkillers can lead to delay. Make sure to have plenty of fiber-rich fruits and vegetables.

