

Post-pregnancy healing

The post-pregnancy period is a challenging one, what with taking care of the needs of baby and trying to get back into shape.



Women's World
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AFTER nine months of pregnancy and hours of labour, it's a relief to be able to hold your baby and think, "Finally!"

However, the real journey has only just begun, and the post-pregnancy period is an important transition to this journey. In the following three to six months, a woman may experience some changes and potential health problems. These problems are not serious though, and can be managed if a woman knows what to expect and takes good care of herself.

Each woman will have different reactions to the effects of pregnancy and childbirth. Some women may have been more tired at the end of their pregnancy, others may have been lacking in certain nutrients,



Each woman will have different reactions to the effects of pregnancy and childbirth. - AP photo

meeting friends, that doesn't revolve around the baby. It doesn't mean that you're abandoning your child; you're just having some time to yourself.

To do this, women should begin gentle pelvic floor exercises (also known as Kegel's exercises) in the days immediately following childbirth. I have written about Kegel's in

