

Continue



























...think there's a pregnant person out there who believes the immediate postpartum is going to be a walk in the park. No matter how your little one comes into the world, there's going to be some... let's call it "pelvic dissection." But while your new baby's immediate exit is, reasonably, the area of chief concern, there's a lot of people aren't prepared for pressure in the bum after giving birth. No, literally, I'm talking about butt pain. But what does a pain in the butt after giving birth mean? Romper spoke with experts to find out. If you think about it, the fact that someone might experience postpartum butt pain shouldn't be a terrific surprise. Have you ever seen a diagram of the pelvic floor? The butt is really super close to the epicenter of the birthing action. So it makes sense that one's tush can be affected by the whole rigmarole. Also, "butt" is pretty imprecise since there's not just one kind of butt pain that can occur as a result of childbirth. Pressure in the bum after birth could be due to pushing. If you're experiencing tenderness in your bum, particularly if it's most noticeable when you're sitting or getting up from sitting, Dr. Daniel Roshan, director of Rosh Maternal-Fetal Medicine in Manhattan and assistant professor at NYU School of Medicine, says you can blame your tailbone. "Most pain in the butt area originates from the tailbone and it has to do with pushing in labor, [fetal] position, or epidural placement," he tells Romper. Roshan suggests that physical therapy, a comfortable mattress, exercises, back massage, and non-steroidal anti-inflammatory drugs such as Motrin are good remedies. He also warns that, "any... pain that does not go away with these remedies requires medical attention." Your doctor may prescribe an epidural. Gonenkoff/Shutterstock Third, a lot of pressure in the bum after giving birth, which Birnbaum says actually originates in the lower part of the vagina and perineum (read: the distance between your vagina and anus) that may well have taken a beating during childbirth. Infection from a tear or laceration in the perineum can cause a lot of pain along a tear or episiotomy repair, see your doctor right away. It may require antibiotics or drainage of the wound, Birnbaum says. This all sounds very worrying and, yes, pretty gross, but here's an encouraging take-away: most of the lateral pains in the butt or pressure in the bum you may experience after giving birth resolves itself pretty quickly. It's kind of like the infant stage: it feels like it takes forever and just might kill you, but all and all, it's actually quite fleeting. This article was originally published on June 4, 2019. What Parents Are Talking About — Delivered Straight To Your Inbox Suggested Reels Abdominal pain is a common human experience. The abdomen contains many organs, including those belonging to the digestive, the reproductive and the urinary systems. Aside from these, blood vessels, muscles, nerves and other tissues are found in the abdomen, which may become a source of pain. Usual causes of pain in the abdomen include infections, trapped wind (gas), trauma, functional disorders, or other conditions affecting the various organs and systems. Many types of mild to moderate causes of abdominal pain are relieved by resting or taking some medications or home remedies, but severe abdominal pain, which occurs suddenly and progressively worsens, may need immediate medical attention. Possible Causes of Sudden, Severe Abdominal Pain The most common causes of sudden, severe abdominal pain include: Acute gastroenteritis - stomach cramps are accompanied by symptoms such as vomiting and diarrhea Food poisoning - severe abdominal cramps are accompanied by diarrhea, fever, and chills Appendicitis - severe pain in the upper abdomen or right lower abdomen, usually with vomiting, loss of appetite, and fever Perforated Peptic Ulcer - open sores in the stomach or intestine, which cause sharp pains in the abdomen and vomiting of blood Other possible causes include: Endometriosis - severe pelvic pain associated with menstrual periods, heavy vaginal bleeding, bloating and nausea Acute pancreatitis - upper abdominal pain that radiates to the back Pain associated with nausea, vomiting and abdominal tenderness Crohn's disease - a chronic condition that can have acute episodes of severe abdominal pain, diarrhea, blood in stools and fever. Twisted ovarian cyst - a large ovarian cyst may move out of position and twist, causing severe pain, vomiting and fever Intestinal obstruction - may cause pain, bloating and inability to pass gas or stools There are many other possible causes of severe abdominal pain, and it is important to recognize the accompanying signs and symptoms when one must seek immediate medical attention. When to Seek Help Signs and symptoms that suggest you need to see a doctor immediately include: Severe pain that worsens progressively Inability to move because of severe pain Fainting or nearly passing out Repeated vomiting High fever Passing out blood in vomit, stools or from vagina Chest pain Inability to move bowels, urinate or pass gas Pain that causes you to wake up at night Generalized abdominal pain that subsequently localizes to one area of the abdomen Diagnosis There are many possible causes of severe abdominal pain and the diagnosis will depend on the doctor's assessment of your medical history, physical examination and laboratory tests. Tests may include blood tests, urine tests, imaging exams (X-ray, CT scan, MRI, etc) and endoscopic exams. The doctor may also determine if you have a certain amount of discomfort. Soreness, tenderness and some emotional changes are to be expected. Your body has been through a major change, and your hormones are changing rapidly, too. It's also normal to wonder if what you're experiencing is just a normal part of labor recovery or a sign of something to be taken seriously. We talked to Ob/Gyn Sabena Zanotti, MD, about what's normal — and what postpartum symptoms you shouldn't ignore. Warning signs of postpartum health concerns Before you're discharged from the hospital, your provider will likely share some advice regarding what's normal after giving birth and when you should call them. Of course, there are a lot of other things probably going through your head at the time, so it may be hard to remember it all. "After delivery, it can be hard to know what to ask or what to look out for until it happens," Dr. Zanotti notes. "Everyone recovers from delivery differently. If you're experiencing something that's worrying you, it's never a bad idea to reach out with questions. Nothing else, it can be helpful to get some peace of mind." Dr. Zanotti shares these top symptoms that you shouldn't ignore after giving birth. 1. Very heavy bleeding Postpartum bleeding is to be expected. The vaginal discharge that happens after delivery is called lochia, and it can be quite heavy for those first few days. "Lochia is your body clearing out any leftover blood, tissue and other materials after pregnancy," Dr. Zanotti explains. Bleeding can be heavy at first and is usually dark red. After three days or so, it should slow down and become lighter in color. Light bleeding and discharge can last up to six weeks. You'll experience postpartum bleeding whether you give birth vaginally or had a cesarean delivery (C-section). Women who have C-sections may have less bleeding than those who deliver vaginally, but you may still see several weeks. During this time, your provider will recommend you use a maxi pad for the bleeding — not a tampon. Regardless of how you delivered, you shouldn't insert anything in your vagina until you've been cleared by your provider. 2. Postpartum hemorrhage Also check with your provider if your bleeding increases again after initially slowing down or if you notice signs of infection, like foul-smelling discharge. 2. Significant cramping or abdominal pain During pregnancy, your uterus expands. After delivery, it'll start to return to its normal size. That can take some time, and cramping is common. "Cramping during the postpartum phase can be pretty intense — almost like a contraction," Dr. Zanotti says. "Breastfeeding accelerates the process, too. It can make these twinges more noticeable, especially in the first few weeks. 'Cramps that come and go and don't last longer than about five minutes are normal. But if you're experiencing pain that's severe or steady, it's time to contact your provider. Consistent abdominal pain can be a sign of postpartum endometriosis, a bacterial infection in the lining of your uterus. It may also be accompanied by a fever, chills or generally feeling unwell. 3. Severe headaches You may have heard about preeclampsia, a serious condition where you develop high blood pressure during pregnancy. What you may not know is that you can develop preeclampsia after giving birth, too, regardless of whether you ever had high blood pressure or had preeclampsia during your pregnancy. The telltale sign of preeclampsia is high blood pressure (140/90 mmHg or higher), but most of us aren't regularly checking our blood pressure at home. Dr. Zanotti says one of the most common symptoms of postpartum preeclampsia is a severe headache. You may also experience changes in vision, like blurred vision or light sensitivity. Swelling of your face, hands, feet or limbs. Postpartum preeclampsia is rare but can be very serious. It's most common between 48 hours and two weeks after delivery. 4. Pain in the chest or lungs After delivery, you may experience chest pain or difficulty breathing. This could be a sign of a blood clot in the lungs, a condition called pulmonary embolism. If you're experiencing chest pain or difficulty breathing, you should seek medical attention immediately. 5. Pain in the legs or feet Pain in the legs or feet, especially if it's accompanied by swelling, could be a sign of a blood clot in the legs, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the legs or feet, you should seek medical attention immediately. 6. Pain in the arms or hands Pain in the arms or hands, especially if it's accompanied by swelling, could be a sign of a blood clot in the arms, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the arms or hands, you should seek medical attention immediately. 7. Pain in the neck or head Pain in the neck or head, especially if it's accompanied by swelling, could be a sign of a blood clot in the neck, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the neck or head, you should seek medical attention immediately. 8. Pain in the back Pain in the back, especially if it's accompanied by swelling, could be a sign of a blood clot in the back, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the back, you should seek medical attention immediately. 9. Pain in the stomach or abdomen Pain in the stomach or abdomen, especially if it's accompanied by swelling, could be a sign of a blood clot in the stomach, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the stomach or abdomen, you should seek medical attention immediately. 10. Pain in the pelvis Pain in the pelvis, especially if it's accompanied by swelling, could be a sign of a blood clot in the pelvis, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the pelvis, you should seek medical attention immediately. 11. Pain in the thighs Pain in the thighs, especially if it's accompanied by swelling, could be a sign of a blood clot in the thighs, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the thighs, you should seek medical attention immediately. 12. Pain in the ankles Pain in the ankles, especially if it's accompanied by swelling, could be a sign of a blood clot in the ankles, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the ankles, you should seek medical attention immediately. 13. Pain in the feet Pain in the feet, especially if it's accompanied by swelling, could be a sign of a blood clot in the feet, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the feet, you should seek medical attention immediately. 14. Pain in the hands Pain in the hands, especially if it's accompanied by swelling, could be a sign of a blood clot in the hands, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the hands, you should seek medical attention immediately. 15. Pain in the fingers Pain in the fingers, especially if it's accompanied by swelling, could be a sign of a blood clot in the fingers, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the fingers, you should seek medical attention immediately. 16. Pain in the toes Pain in the toes, especially if it's accompanied by swelling, could be a sign of a blood clot in the toes, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the toes, you should seek medical attention immediately. 17. Pain in the wrists Pain in the wrists, especially if it's accompanied by swelling, could be a sign of a blood clot in the wrists, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the wrists, you should seek medical attention immediately. 18. Pain in the elbows Pain in the elbows, especially if it's accompanied by swelling, could be a sign of a blood clot in the elbows, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the elbows, you should seek medical attention immediately. 19. Pain in the shoulders Pain in the shoulders, especially if it's accompanied by swelling, could be a sign of a blood clot in the shoulders, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the shoulders, you should seek medical attention immediately. 20. Pain in the neck Pain in the neck, especially if it's accompanied by swelling, could be a sign of a blood clot in the neck, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the neck, you should seek medical attention immediately. 21. Pain in the head Pain in the head, especially if it's accompanied by swelling, could be a sign of a blood clot in the head, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the head, you should seek medical attention immediately. 22. Pain in the face Pain in the face, especially if it's accompanied by swelling, could be a sign of a blood clot in the face, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the face, you should seek medical attention immediately. 23. Pain in the ears Pain in the ears, especially if it's accompanied by swelling, could be a sign of a blood clot in the ears, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the ears, you should seek medical attention immediately. 24. Pain in the nose Pain in the nose, especially if it's accompanied by swelling, could be a sign of a blood clot in the nose, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the nose, you should seek medical attention immediately. 25. Pain in the mouth Pain in the mouth, especially if it's accompanied by swelling, could be a sign of a blood clot in the mouth, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the mouth, you should seek medical attention immediately. 26. Pain in the throat Pain in the throat, especially if it's accompanied by swelling, could be a sign of a blood clot in the throat, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the throat, you should seek medical attention immediately. 27. Pain in the chest Pain in the chest, especially if it's accompanied by swelling, could be a sign of a blood clot in the chest, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the chest, you should seek medical attention immediately. 28. Pain in the back Pain in the back, especially if it's accompanied by swelling, could be a sign of a blood clot in the back, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the back, you should seek medical attention immediately. 29. Pain in the pelvis Pain in the pelvis, especially if it's accompanied by swelling, could be a sign of a blood clot in the pelvis, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the pelvis, you should seek medical attention immediately. 30. Pain in the thighs Pain in the thighs, especially if it's accompanied by swelling, could be a sign of a blood clot in the thighs, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the thighs, you should seek medical attention immediately. 31. Pain in the ankles Pain in the ankles, especially if it's accompanied by swelling, could be a sign of a blood clot in the ankles, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the ankles, you should seek medical attention immediately. 32. Pain in the feet Pain in the feet, especially if it's accompanied by swelling, could be a sign of a blood clot in the feet, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the feet, you should seek medical attention immediately. 33. Pain in the hands Pain in the hands, especially if it's accompanied by swelling, could be a sign of a blood clot in the hands, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the hands, you should seek medical attention immediately. 34. Pain in the fingers Pain in the fingers, especially if it's accompanied by swelling, could be a sign of a blood clot in the fingers, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the fingers, you should seek medical attention immediately. 35. Pain in the toes Pain in the toes, especially if it's accompanied by swelling, could be a sign of a blood clot in the toes, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the toes, you should seek medical attention immediately. 36. Pain in the wrists Pain in the wrists, especially if it's accompanied by swelling, could be a sign of a blood clot in the wrists, a condition called deep vein thrombosis (DVT). If you're experiencing pain in the wrists, you should seek medical attention immediately. 37. Pain in the elbows Pain in the elbows, especially if it's accompanied by swelling, could be a sign of a blood clot in the elbows, a condition called deep vein thrombosis (DVT