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I don't think there's a pregnant person out there who believes the immediate postpartum period 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 disruption." But while your new baby's immediate exit is, reasonably, the area of chief concern, 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 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 — there's not just one kind of butt pain that can occur as a result of childbirth. Pressure in 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 my prescribe an
x-ray or MRI in order to rule out the possibility of a fracture. (Which is rare, but does happen.) Sharp pain in butt after birth could be anal fissures. Other postpartum posterior pain can be less general. I'm not going to be delicate here, people, I'm talking about the butthole — the rectum and anus can get banged up in the process of bringing a baby into
the world. Dr. Elisa Birnbaum, who specializes in pelvic floor abnormalities and colon and rectal surgery at the University of Colorado Hospital, lists three main issues that can cause pressure in the bum after giving birth, discomfort, and/or pain postpartum: anal fissures, hemorrhoids, and infection related to tearing or an episiotomy. Birnbaum tells
Romper that anal fissures typically present as "acutely sharp pain which occurs during and after bowel movements" and are "usually caused by constipation, but straining during delivery may cause a tear." In addition to sharp internal pain, bright red blood may be a sign of anal fissures, either in the toilet or when you wipe. While certainly not
pleasant, this problem can usually be managed with increased fluid to soften bowel movements — Birnbaum suggests increasing water intake to more than 10 glasses per day — and, if necessary, stool softeners or laxatives. It may take several weeks to resolve the issue. If pain persists beyond that, it's time to see the doctor. "There are prescription
ointments and surgical procedures for management of fissures that don't resolve with medical management," she says. Hemorrhoids after birth are very common. Birnbaum explains to Romper that these swollen veins in the lowest part of your rectum and anus causing pressure in your bum after giving birth can be either external (thrombosed) or
internal (prolapsed) that come to the outside and don't go back in. As with anal fissures, these bad boys can be caused by increased pelvic pressure during pregnancy (back when your baby was pressing down on everything). So if you're really #blessed, you've been dealing with
hemorrhoids since before childbirth (which probably made them worse). What's to be done? "Treatment is the same as fissures to resolve or the pain is unbearable, a doctor might be able to excise the clot to relieve the
swelling. "Gorodenkoff/ShutterstockA third source of pressure in the bum after giving birth, which Birnbaum says actually originates in the lower part of the vagina and perineum (read: the space between your vagina and swelling without a lot of
blood 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 literal pains in the butt or pressure in the button in the butt or pressure in the button 
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, 2019What Parents Are Talking About — Delivered Straight To Your InboxSuggested 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, which may become a source of pain.
affecting the various organs and systems. Many types of mild to moderate cases 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 diarrhea, fever, and chills Appendicitis - severe pain in the upper abdomen or right lower abdomen, usually with vomiting, loss
of appetite, and fever Gallstones - pain in the right upper abdomen, sweating, vomiting, fever, chills Kidney stones - accompanied by back pains, which radiate to the groin, inability to lie still, nausea, pain on urination Diverticulitis - caused by inflammation of outpouchings of the intestines, which leads to lower abdominal pain, bloating, and high 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,
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 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 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 because of severe pain Fainting or nearly passing out blood in vomit, stools or from vagina Chest pain Inability to move because of severe pain Fainting or nearly 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 may also determine if you
might need immediate surgical treatment. Get help from other members! Post Your Question On The Forums Giving birth to a baby is an experience unlike any other. It doesn't matter if it's your first time or you've been down this road before, each birth and each postpartum recovery is different. The postpartum period, or the fourth trimester, can
come with a certain amount of discomfort. Soreness, tiredness 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 run-of-the-mill labor recovery or a sign of something to be taken seriously. We talked to
Ob/Gyn Salena 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. If
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 beding bedin
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 it may still last 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, usually about six weeks after delivery. Bleeding is usually starting to get lighter by the time you leave the hospital or if you persistently pass blood clots larger than a golf ball, contact your provider for guidance. These can be a sign of
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. 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 endometritis, 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 to the lining of your uterus.
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 (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
in the first few days after giving birth, but can happen up to six weeks after delivery. Contact your provider if you're experiencing headaches or other signs.4. Complications with tears or incisions you may go home after giving birth with stitches. That can come from tearing naturally, from an episiotomy (a cut a provider makes to aid in delivery) or a
C-section incision. Most of the time, tears and incisions heal without issue, and stitches dissolve on their own. Before you head home, talk to your provider about what you should expect as you head. In rare cases, tears, episiotomies and incisions may become infected. Seek medical attention if you have a fever, notice foul-smelling discharge or if your
pain gets worse instead of better, as those could be signs of an infection. 5. Incontinence It's common to experience some urinary leakage at the end of pregnancy and during the first few weeks after giving birth. For most women, Dr. Zanotti recommends Kegel exercises to help tighten up your pelvic floor muscles and stop the leaking. But you may
experience bowel leakage after giving birth, particularly if you've experienced a larger tear during delivery. If you have leaking urine, gas or bowel movements, or if you have any pelvic floor weakness, talk to your provider. You may benefit from pelvic floor physical therapy. 6. Frequent peeing or burning It's normal to have some discomfort urinating
after giving birth. It may sting a bit when you pee, particularly if you've had stitches. Your provider may recommend using a squirt bottle with room temperature water to ease the discomfort while you pee and to help clean yourself. That discomfort should begin to subside in the first week or so after giving birth. If the feeling is more intense, it could
be a sign of a urinary tract infection (UTI). UTIs are pretty common after giving birth, you had a catheter. Talk with your provider if it burns when you pee or if you feel a sharp pressure or pain when you pee or if you feel the urge to go frequently. 7. Leg pain After giving birth, you may be at a higher risk of blood clots, and not only from
shedding the lining of your uterus, Dr. Zanotti states. "During pregnancy, your blood volume increases in order to care for the developing fetus," she explains. "After giving birth, your blood may clot more easily, which can put you at a higher risk for developing blood clots in your veins, which can travel around your body and be very serious."Your legs
are one of the most common places for blood clots to develop during postpartum recovery. In part, that's because late in pregnancy, you may have less blood circulation in your legs. Signs of a blood clot in you
if you notice these symptoms.8. Chest pain or trouble breathingBlood clots can travel from your leg to your lung and stop blood flow into your lung. This is called a pulmonary embolism, and it can be very serious. Symptoms of pulmonary embolism include shortness of breath, chest pain and coughing. You also may cough up bloody mucus. If you're
concerned you have symptoms of a pulmonary embolism, quick treatment is important. Seek prompt medical attention.9. Breast pain or burningAfter giving birth, your breasts will experience some changes as your milk supply comes in and regulates. Engorged breasts and discomfort are normal, particularly in the first few weeks after giving birth. If
you are breastfeeding, you'll become more used to what's normal and what's not when it comes to changes in your breasts. Some lumps and feelings of "fullness" can come and go in between feedings. But if you're breastfeeding and experience symptoms like breasts that are painful, burning, warm to the touch or have red streaks, it may be a sign of
mastitis. Mastitis is an infection that can happen if your milk ducts become clogged. Talk with your healthcare provider about these symptoms, as most cases of mastitis require antibiotics. If left untreated, mastitis require antibiotics. If left untreated, mastitis can lead to a breast abscess. 10. Lasting sadness or thoughts of hurting yourself or others around 70% to 80% of women report feelings of
sadness or bouts of tearing up after delivery. It's a normal reaction to the fatigue of the postpartum period and the hormonal rollercoaster that delivery causes. Asking for help from a partner, friends and family can help was a normal reaction to the fatigue of the postpartum period and the hormonal rollercoaster that delivery causes. Asking for help from a partner, friends and family can help was a normal reaction to the fatigue of the postpartum period and the hormonal rollercoaster that delivery causes. Asking for help from a partner, friends and family can help was a normal reaction to the fatigue of the postpartum period and the hormonal rollercoaster that delivery causes.
about two weeks after delivery. But it doesn't always. Lasting sadness, continued feelings of being overwhelmed and thoughts of hurting yourself or your baby are signs of postpartum depression. If your symptoms persist or worsen instead of improve, it's time to contact a provider. "A lot of people think that after having a baby, you're supposed to be
on top of the world, but in truth, it's not like that a lot of times," Dr. Zanotti recognizes. "The first few weeks after delivery can be a very stressful time. If you're consistently feeling too overwhelmed and unable to take care of yourself or your health and for the
wellbeing of your baby." With all the pains women experience during pregnancy and childbirth, most mothers are relieved to know that they are free from all that pain after pregnancy. These intense pains are generally a sign of your body going
back to normal, post-pregnancy, but it is important to understand these in detail. Postpartum stomach pain can result from various factors such as uterine contractions, gas buildup, or incision healing for cesarean deliveries. Understanding the causes can help manage discomfort effectively and ensure a smoother recovery process. Read on to know all
about abdominal pain after childbirth. Causes of Abdominal Pain After Delivery Some of the common reasons why you would continue having stomach pain after delivery are, 1. Pain as a Result of Afterpains Right after your delivery, the uterus starts reducing back to its pre-pregnancy size. This leads to some cramping in the abdominal area, termed
as afterpains. These are usually present for an initial couple of days right after birth, as the uterus takes nearly 6 weeks to return to originality. Breastfeeding is known to trigger this belly pain after birth further. Mothers who are giving birth to their first child have lesser post delivery stomach pain as compared to others since their uterus retains
more muscle strength. 2. Pain as a Result of Constipation Many women can suffer from constipation following their delivery. A barrage of bowel movements that are quite painful, straining to poop, and passing hard and dry stools without feeling totally empty further contributes to this pain. This is generally due to elevated levels of progesterone, the
presence of piles, vaginal tears, or the absence of any physical activity following labour. Certain medicines like anaesthetics, hydrocodone, and others can also cause constipation. This usually lasts for a short period of time, compared to that during pregnancy. 3. Pain as a Result of the Healing Process After C-Section A caesarean birth comes with its
own share of pains that are usually around the incision and the internal wounds, as they proceed with the healing process. Taking rest and lying down are the best ways to reduce pain. Pain relievers suggested by doctors can help alleviate it to an extent. How Long Does Stomach Pain Last After Childbirth? The pains post-delivery depend on the kind
of delivery that the mother has had. If the delivery, then most of the pain fades away in a couple of weeks following the delivery, then most of the pain fade away in a couple of weeks following the delivery, then most of the pain fade away in a couple of weeks following the delivery, then most of the pain fades away within a couple of weeks following the delivery, then most of the pain fade away in a couple of weeks following the delivery.
to sustain it. Treatment for Post Pregnancy Stomach Pain Since the stomach ache that a woman has after her delivery is mostly the body coming to terms with the abrupt change in physiology, weight, and internal structure, it's simply a matter of time for the pain to subside. Until then, the usual techniques of using well-known painkillers are the go-to
method. Ibuprofen or paracetamol are the best bets to control such pain. Using a warm blanket that is heated or a warm water bag can help soothe the pain as well. Any medications should be breastfeeding and anything the mother consumes passes on to the
also face swelling in the abdomen and bleeding in the vagina, a doctor's consultation is advised. Until then, consuming honey is a good way to combat the infection, since it combat bacteria and viruses, and it is an antiseptic as well. Adding a tablespoon of honey to lukewarm water, and squeezing some lemon juice in it
to help. What helps, even more, is taking a nice relaxing bath in a tub filled with warm water. Don't make it scalding hot. Keep yourself immersed for half an hour or so twice a day, and enjoy the relief that accompanies it. 4. Turmeric Milk Chances of infection post-delivery are at an all-time high, given the weak immune system of the mother. Such
infections may also result in stomach aches and it is necessary to combat and prevent them altogether. Using boosters to increase immunity is necessary, and there's nothing better than a natural antibiotic for the job, called turmeric. Taking a spoonful of turmeric powder with a glass of milk protects the body from infections, and prevents the building
up of the pain. 5. Fennel Seeds Post delivery, mothers might observe some inflammation and pain in the areas around the hips, since most of the physical change happens there. Opting for natural remedies such as fennel seeds helps reduce the inflammation. Many prefer chewing on the seeds to prevent vomiting and nausea after pregnancy. Boiling
fennel seeds with water and adding honey to the strained mixture form a tea that can help reduce the pain substantially when consumed two times a day. Plus, fennel seeds also help increase the production of breast milk. 6. Ginger Tea Ayurvedic medicines make use of ginger in almost all remedies that treat stomach-related disorders. Not only is
ginger an antiseptic, but it can also improve emotional stability. Grating some ginger in boiling water, and letting it simmer with a few leaves of parsley, forms what is known as medicinal ginger tea. Best enjoyed with some honey, this not only tastes great but takes care of stomach cramps by reducing pain. 7. Rice Water Once you're done cooking
rice, the water that remains is extremely beneficial to treat stomach problems. What it does is create a smooth lining on the inner layers of the stomach, which reduces stomach pain. It further improves digestion and reduces constipation, as well as the presence of blood in urine. It's best to add more water than needed while cooking rice so that you
have enough rice water to consume. 8. Hot Water Bag After the delivery, the muscles in the abdominal area undergo a lot of cramping due to the expansion and contraction they have undergone. Your belly might be extremely sensitive and the lower area might hurt. This is where using warm compresses or making use of a hot water bag relieves pain the abdominal area undergone.
 It improves blood circulation in the area, which also allows the uterus to loosen up a bit. Wrap the bag in a cloth and hold it over the area every time you feel a sharp pain. The intensity will gradually reduce. 9. Peppermint Tea Peppermint tea
by steeping peppermint leaves in hot water for several minutes and then straining can provide relief from cramps and discomfort. It also aids digestion, which can be beneficial in easing postpartum gastrointestinal issues. Enjoy a warm cup of peppermint tea a few times a day for soothing relief. Tips on Relieving Abdominal Pain After Giving Birth 1.
Pee Frequently Do not let your bladder fill up until you have a strong urge to pee before you visit the bathroom. Go as often as possible. A full bladder increases discomfort and worsens abdominal cramps, so peeing often provides relief and prevents the pain from getting worse. 2. Opt for an Oil Massage Ask your partner or loved one to massage your
abdomen with coconut or almond oil. Applying light pressure to the abdomen helps relieve pain and cramping. You can even amp up the effects by mixing in a few drops of essential oil such as lavender or peppermint oil, which are known to help with pain relief. 3. Sleep on Your Stomach You may have been advised not to sleep on your tummy during
pregnancy, but there's no harm in doing so after pregnancy, especially if it helps relieve pain. Put a pillow under your belly to strengthen the pressure on your tummy and relieves any cramps you may suffer. Practise meditation
to stay calm and breathe through any pain you face. When Do You Need to Visit a Doctor? The area around the incision of the c-section begins to turn red There is a fever and the pain becomes severe The vaginal bleeding increases and the blood is bright red in colour Both your sides feel extremely tender Nausea and vomiting become severe FAQs 1
alleviate postpartum stomach pain. 2. How long does postpartum stomach pain typically last? Postnatal stomach pain postpartum persists or
worsens over time, it's important to consult with your healthcare provider for further evaluation and management. This was all about pain in stomach after delivery manage to keep a strong face throughout by taking the right precautions. It is important to know that lower stomach pains are
College of Obstetricians and Gynecologists; 3. Shin. G, Toto. E, Schey. R; Pregnancy and postpartum bowel changes: constipation and fecal incontinence (American College of Obstetricians and Gynecologists; 5. Turawa. E, Musekiwa
A, Rohwer. A; Interventions for preventing postpartum Care; Obstetrics & Gynecology; 7. FAQs: Cesarean Birth; American College of Obstetricians and Gynecologists; Also Read: Joint Pain after Pregnancy Back Pain After Pregnancy
But during the postpartum period (the first six weeks after delivery), lower abdominal pain is common. It is usually caused by afterpains, constipation, or C-section healing. It can occur at regular intervals or be sporadic and, while uncomfortable, it is typically not dangerous. Here is a look at the most common causes of postpartum cramping—plus
is breastfeeding. Nursing stimulates the release of oxytocin, a hormone that triggers the uterus to contract. If this is your first baby, your afterpains will likely be less severe than once will have less muscle tone in their uterus
Postpartum cramping can also be caused by constipation. There are several potential causes of constipation include: Low-fiber diet Hormonal changes, particularly high levels of progesterone Stress
Dehydration Reduced physical activity after delivery Vaginal tears or a bruised perineum (the area between the anus and the vagina) from labor Hemorrhoids (which are common during pregnancy as well as during the postpartum period) Pain at an episiotomy site Medications are another potential culprit of constipation after delivery. Anesthesia and
opioids used for post-labor or C-section pain can cause constipation or make it worse. Certain vitamins, such as iron, can also contribute to or worsen constipation. The good news is constipation usually improves in the post-labor or C-section pain can cause constipation or make it worse. Certain vitamins, such as iron, can also contribute to or worsen constipation. The good news is constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constipation usually improves in the post-labor or C-section pain can cause constitution usually improves in the post-labor or C-section pain can cause constitution usually improves in the post-labor or C-section pain can cause constitution usually improves in the post-labor or C-section pain can cause constitution usually improves in the post-labor or C-section pai
vegetables, beans, legumes, nuts, and whole grains) and drinking plenty of water during pregnancy and in the postpartum beriod are critical for preventing constipation. Getting enough fiber and staying hydrated might be all you need to ease your postpartum bowel woes. If not, exercise can also help. Ask a healthcare provider if it is medically safe
for you to do so, however. If you haven't had a bowel movement for more than a couple of days, let your doctor or midwife know—they might recommend that you take a fiber supplement, stool softener, and/or laxative. Postpartum cramping can also happen following a Cesarean birth (C-section). It's common to experience mild discomfort as the
incision and internal wounds are healing. It's also normal to feel some pain or soreness around the incision—especially in the first few days. The best thing you can do after a C-section is to ensure you get enough rest and avoid putting too much strain on your abdomen. Lift nothing heavier than your baby. If you had a C-section, be sure to take pain
relievers as prescribed and directed by your doctor during your postpartum recovery. Non-narcotic pain relievers are preferred. To allow time for your incision to heal, ask friends and family members to help out with meals, housework, and other tasks (as long as they don't hinder your need for rest). If possible, hire professionals to take care of bigge
tasks like yard work, shopping, and cleaning. That will give you the time and energy to focus on your healing and your new baby. While rare, it is possible to develop an infection after birth—and these infections can cause postpartum abdominal pains. However, it's important to note that, unlike other afterpains, these are aches and cramps aren't
related to birth at all. Rather, they are coincidental. Some potential causes include: Urinary tract infections (UTIs) Appendicitis Endometriosis, though this is uncommon during and immediately after childbirth—as flares tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain, see your healthcare tend to occur when ovulation and menses return If you are uncertain about the cause of your abdominal pain and your abd
 want to take an over-the-counter pain reliever such as Motrin (ibuprofen) or another non-steroidal anti-inflammatory drug (NSAID). If you experience any of the "red flag" symptoms below, seek immediate medical care. These signs and
symptoms can indicate complications such as infection and hemorrhage. Postpartum symptoms that require emergency medical attention include: Excessive or bright red vaginal bleedingFeverNausea and/or vomitingPain that is severe, persisting, or worseningRedness, tense skin, drainage or swelling around a C-section or perineal incisionAbnormal
vaginal or rectal dischargeTender areas on your sidesHeadacheChest pain or difficulty breathing Regardless, make sure to follow up with your obstetricians and Gynecologists recommends a second, comprehensive postpartum visit no later
than 12 weeks after birth). This is an important time to discuss your recovery, which should include your mental and physical health, contraception, and any other questions or concerns you have. Thanks for your feedback! Cherry-picked health, contraception, and any other questions or concerns you have.
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most mothers are relieved to know that they are free from all that pain after delivery. However, some of them, possibly including you, might continue to experience tummy pain after pregnancy, but it is important to understand these in detail. Postpartum
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uterus takes nearly 6 weeks to return to originality. Breastfeeding is known to trigger this belly pain after birth further. Mothers who are giving birth to their first child have lesser post delivery stomach pain as compared to others since their uterus retains more muscle strength. 2. Pain as a Result of Constipation Many women can suffer from
constipation following their delivery. A barrage of bowel movements that are quite painful, straining to poop, and passing hard and dry stools without feeling totally empty further contributes to this pain. This is generally due to elevated levels of progesterone, the presence of piles, vaginal tears, or the absence of any physical activity following labour
Certain medicines like anaesthetics, hydrocodone, and others can also cause constipation. This usually lasts for a short period of time, compared to that during pregnancy. 3. Pain as a Result of the Healing Process After C-Section A caesarean birth comes with its own share of pains that are usually around the incision and the i
proceed with the healing process. Taking rest and lying down are the best ways to reduce pain. Pain relievers suggested by doctors can help alleviate it to an extent. How Long Does Stomach Pain Last After Childbirth? The pains post-delivery depend on the kind of delivery that the mother has had. If the delivery was a normal vaginal delivery, then
 most of the pain fades away within a couple of weeks following the delivery. In case you have had a caesarean delivery, the pains fade away in a couple of weeks. However, certain pains or sensations might remain beyond that time. The medical history of the mother plays a key role in this, such as the number of surgeries undergone previously if the
labour has been extremely lengthy, if there have been any complications during the delivery, and so on. Some amount of soreness might also feel like intense pain, so the fading away time is subjective and varies from person to person, based on their capability to sustain it. Treatment for Post Pregnancy Stomach Pain Since the stomach ache that a
 woman has after her delivery is mostly the body coming to terms with the abrupt change in physiology, weight, and internal structure, it's simply a matter of time for the pain to subside. Until then, the usual techniques of using well-known painkillers are the go-to method. Ibuprofen or paracetamol are the best bets to control such pain. Using a warm
blanket that is heated or a warm water bag can help soothe the pain as well. Any medications should always be taken after consulting a doctor. This is primarily because the newborn baby would be breastfeeding and anything the mother consulting a doctor. This is primarily because the newborn baby would be breastfeeding and relaxation
exercises that are similar to those undertaken during the delivery. Home Remedies for Postpartum Abdominal Pain Here are some simple home remedies to relieve abdominal pain. 1. Honey Juice At times, infections in the womb can cause severe cramps as well. If you also face swelling in the abdomen and bleeding in the vagina, a doctor's
consultation is advised. Until then, consuming honey is a good way to combat the infection, since it contains natural properties that combat bacteria and viruses, and it is an antiseptic as well. Adding a tablespoon of honey to lukewarm water, and squeezing some lemon juice in it helps soothe the stomach and works wonders when consumed first thingest that combat bacteria and viruses, and it is an antiseptic as well.
in the morning. 2. Lime Juice A mother's body is at its weakest post-delivery. The immune system is just getting back to building itself and the digestive system is coming to terms with all the changes. Improving overall health is key to reducing pains and bringing back normalcy. In such a case, loading up on Vitamin C acts as a boost to help repair all
systems. Squeezing some lemon juice with boiled water not only reduces stomach ache, but also provides you with the minerals necessary for recovery. 3. A Warm Water Bath As the pain generally resides around the uterus and abdomen, warm compresses in the area are known to help. What helps, even more, is taking a nice relaxing bath in a tub
 filled with warm water. Don't make it scalding hot. Keep yourself immersed for half an hour or so twice a day, and enjoy the relief that accompanies it. 4. Turmeric Milk Chances of infections may also result in stomach aches and it is necessary to combat
and prevent them altogether. Using boosters to increase immunity is necessary, and there's nothing better than a natural antibiotic for the job, called turmeric powder with a glass of milk protects the body from infections, and prevents the building up of the pain. 5. Fennel Seeds Post delivery, mothers might observe
some inflammation and pain in the areas around the hips, since most of the physical change happens there. Opting for natural remedies such as fennel seeds to prevent vomiting and nausea after pregnancy. Boiling fennel seeds with water and adding honey to the strained mixture
form a tea that can help reduce the pain substantially when consumed two times a day. Plus, fennel seeds also help increase the production of breast milk. 6. Ginger Tea Ayurvedic medicines make use of ginger in almost all remedies that treat stomach-related disorders. Not only is ginger an antiseptic, but it can also improve emotional stability
Grating some ginger in boiling water, and letting it simmer with a few leaves of parsley, forms what is known as medicinal ginger tea. Best enjoyed with some honey, this not only tastes great but takes care of stomach cramps by reducing pain. 7. Rice Water Once you're done cooking rice, the water that remains is extremely beneficial to treat
stomach problems. What it does is create a smooth lining on the inner layers of the stomach, which reduces stomach pain. It further improves digestion and reduces constipation, as well as the presence of blood in urine. It's best to add more water than needed while cooking rice so that you have enough rice water to consume. 8. Hot Water Bag After
the delivery, the muscles in the abdominal area undergo a lot of cramping due to the expansion and contraction they have undergone. Your belly might be extremely sensitive and the lower area might hurt. This is where using warm compresses or making use of a hot water bag relieves pain. It improves blood circulation in the area, which also allows
the uterus to loosen up a bit. Wrap the bag in a cloth and hold it over the area every time you feel a sharp pain. The intensity will gradually reduce. 9. Peppermint tea by steeping peppermint tea by steeping peppermint tea by steeping peppermint tea by steeping peppermint tea.
minutes and then straining can provide relief from cramps and discomfort. It also aids digestion, which can be beneficial in easing postpartum gastrointestinal issues. Enjoy a warm cup of peppermint tea a few times a day for soothing relief. Tips on Relieving Abdominal Pain After Giving Birth 1. Pee Frequently Do not let your bladder fill up until you
have a strong urge to pee before you visit the bathroom. Go as often as possible. A full bladder increases discomfort and worsens abdominal cramps, so peeing often provides relief and prevents the pain from getting worse. 2. Opt for an Oil Massage Ask your partner or loved one to massage your abdomen with coconut or almond oil. Applying light
pressure to the abdomen helps relieve pain and cramping. You can even amp up the effects by mixing in a few drops of essential oil such as lavender or peppermint oil, which are known to help with pain relief. 3. Sleep on Your Stomach You may have been advised not to sleep on your tummy during pregnancy, but there's no harm in doing so after
pregnancy, especially if it helps relieve pain. Put a pillow under your belly to strengthen the pressure on your tummy and relieve cramps. 4. Practise Meditation and Deep Breathing Deep breathing during uterine contractions decreases pain and relieve cramps. 4. Practise meditation and breather through any pain you
face. When Do You Need to Visit a Doctor? The area around the incision of the c-section begins to turn red There is a fever and the plood is bright red in colour Both your sides feel extremely tender Nausea and vomiting become severe FAQs 1. Are there any dietary changes I should make to
alleviate postpartum stomach pain? Maintaining a balanced diet rich in fiber, vitamins, and minerals can aid in digestion and promote healing after childbirth. Additionally, staying hydrated and avoiding foods that may exacerbate gastrointestinal discomfort, such as spicy or greasy foods, can help alleviate postpartum stomach pain. 2. How long does
  ostpartum stomach pain typically last? Postnatal stomach pain can vary in duration and intensity for each individual. In most cases, the discomfort gradually improves within a few weeks after childbirth as the body heals and adjusts. However, if the upper stomach pain postpartum persists or worsens over time, it's important to consuit with you
healthcare provider for further evaluation and management. This was all about pain in stomach after delivery. Most women who face lower abdominal pain after delivery manage to keep a strong face throughout by taking the right precautions. It is important to know that lower stomach pains are generally short-lived and fade away in a couple of
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Belly button forms when the umbilical cord is cut off after the birth. It is also known as umbilicus. Ever wondered why does my belly button hurt inside? The belly button is known as belly button pain or umbilical
pain. You would usually tend to avoid this pain because it doesn't disturb your daily routine. But if the pain persists for a long duration and causes severe discomfort, it may be an indication of a serious health issue. Also Read: Lower Left Back Pain: Causes, Symptoms and Natural TreatmentsWhat Does Belly Button Pain Feel Like? Belly button pain
shouldn't be a major concern. In some cases, you may not even be aware of the underlying pain, but consider it to be a normal abdominal pain. Few points mentioned below will help you identify your belly button hurts when
touched or on wearing tight clothingSharp pulling pain in the belly buttonSome discharge oozes from the belly buttonYou feel the pain along with restThe severity of the pain - is it mild or sharp? Sharp pain will prevent you from doing normal activitiesThe pain
radiates between sides of the belly buttonYou feel the pain while bending or leaning forward or stretching. Different symptoms of belly button pain can be due to various underlying causes. Observe these symptoms of belly button is irritating because it gives
you a feeling of unwanted pressure. Although the pain can be mild to sharp, it doesn't go away even after you take rest. Here are ten leading causes of pain in belly button: 1. SurgeryIf you have recently undergone an abdominal surgery, you may experience the belly button or umbilical pain. It may accompany other symptoms like diarrhea or
constipation. The pain may be mild or sharp. In most cases of post abdominal surgery, belly button pain is a common symptom. It goes away as the operated area heals, 2. Pregnancy, your body adjusts to accommodate the growing baby. Pregnancy will give you many
different sensations, one of which is belly button pain. It is usually mild. If your belly button pain (2). An ulcer is an irritation, tearing or erosion of
the internal body surface. Excess stomach acid causes stomach acid
in the upper abdominal area which slowly radiates to the lower area around your belly button (3). The pain occurs periodically, recurring in few days, or months. Along with the belly button pain, you may even require surgical
intervention. 5. Hernia hernia refers to an uncontrolled pain near your left abdomen due to torn tissues or organs of the abdomen. A hernia also causes painful bowel movements, urination scrotum pain, a visible tender lump and a heavy feeling in the stomach (4). The pain around your belly button will elevate with body movements like bending or
leaning forward.6. Cystitis Cystitis is a type of urinary tract infection, cystitis infection, cystitis infection, cystitis infection, cystitis infection, cystitis progresses quickly and spreads to other body organs. 7. Microbial
Infections Microbial infections, mostly bacterial infections, mostly bacterial infections in the stomach can generate pain around the belly button accompanies other symptoms like nausea, flu or vomiting when you have a microbial infection in
your belly. 8. Pancreatic Problems Pancreas control the amount of sugar present in the blood according to the body's energy requirement. Pancreatic problems may include symptoms similar to diabetes and nausea, fever, or headaches. They can also cause pain near belly button area that occurs sporadically throughout the day. 9. Small Intestine
Disorder The small intestine is present in your abdomen where it folds many times centering around belly button area. Since your abdomen is involved in major body movements, any disorder in your small intestine or other serious issues. 10.
Appendicitis Appendicitis is a condition in which the appendix becomes inflamed. The pain will be difficult to locate but will be around your belly button area (6). The pain then moves to the abdominal region. If you are suffering from appendicitis, you may also experience, indigestion, constipation, loss of appetite, nausea, fever,
and vomiting. The pain increases if you walk or a cough. Appendicitis can be fatal, and you must not ignore its symptoms. Due to such serious deep rooted health causes, belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain to such serious deep rooted health causes, belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain to such serious deep rooted health causes, belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored. Correct diagnosis of the cause of belly button pain must not be ignored.
Options Treatment for your belly button pain or umbilical pain solely depends on the underlying cause. If you have correctly diagnosed the cause of your umbilical pain with doctor's help, you will be prescribed medications, dietary changes and in some cases surgery. Discussed below are some treatments advised for pain in the belly button. 1. Surgery of the cause of your umbilical pain with doctor's help, you will be prescribed medications, dietary changes and in some cases surgery. Discussed below are some treatments advised for pain in the belly button. 2. Surgery of the cause of your umbilical pain with doctor's help, you will be prescribed medications, dietary changes and in some cases surgery. Discussed below are some treatments advised for pain in the belly button. 2. Surgery of the cause of your umbilical pain with doctor's help, you will be prescribed medications.
your belly button pain is due to abdominal surgery, it fades as your body heals. Consult your doctor if the pain is severe, it requires immediate medical attention as it can be a sign of something
serious such as a threat to the baby or a fallopian pregnancy.3. UlcerBecause the pain aggravates with eating the particular foodstuffs, your doctor will suggest dietary and lifestyle changes. In severe symptoms, medications will help replace and heal the inflamed stomach lining.4. GallstonesIn mild symptoms of gallstones, dietary changes like
avoiding fatty foods, consuming fresh fluids can help. Medicines like painkillers may give relief from the pain. In severe cases, you may need to undergo a surgical intervention. 5. HerniaIn mild cases of a hernia, you may be asked to apply an ice pack to get relief from the pain and to suppress the swelling. Your doctor may prescribe NSAIDs
(Nonsteroidal anti-inflammatory drugs) and opioids (painkillers). In severe pain, surgical treatments like laparoscopy or open exploratory surgery are useful. Surgery can help your doctor examine a hernia affected tissues or organs, and perform the further surgical intervention. 6. Cystitis If you are diagnosed with cystitis, antibiotics will help clear the
infection and prevent it from spreading to the other parts of the body. Some effective natural remedies for cystitis include: Avoid sugarDrink cranberry juiceEat foods rich in vitamin A and CDrink plenty of fluids7. Microbial Infections in the stomach are treated with appropriate antibiotics to treat the infection. If you have external skin
infection around the belly button, topical application of antibiotic cream can help. Antibacterial medicines with antifungal, antibacterial or antiviral properties may be prescribed after identification of the infectious agent. 8. Pancreatic Problems If a diabetic experiences a sporadic belly button, topical application of the infectious agent. 8. Pancreatic Problems If a diabetic experiences a sporadic belly button pain, seek doctor's advice to determine the presence of
other pancreatic problems. 9. Small Intestine Disorder Pain in belly button due to microbial infection in the small intestine is treated with antibiotics. In some severe conditions, surgical intervention is needed. 10. Appendicitis Mild appendix infections are treated with antibiotics along with analgesics to relieve belly button pain. In the case of severe
appendicitis, laparoscopy is performed to remove severely infected or ruptured hernia. Apart from above medical treatments, avoiding the consumption of food that triggers the pain or worsens the symptoms is the best home remedy. If movements like bending, stretching and vigorous exercise cause pain, it is better to avoid them. Consult your doctor
in case of confusions or severe symptoms. When to Seek Medical Help? You should not ignore the belly button pain and expect it to fade over time, then you must
contact your doctor. An ignored mild pain can lead to severe health consequences which otherwise can be avoided by medical attention at earlier stages. Note the other symptoms that you experience along with pain and consult it with your doctor to avoid complications. Sharing is carring! Your love and support motivates us!
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