



Recommendations For **SAFE SEXUAL ACTIVITY** After Cesarean Delivery

Engage in low-intensity exercises daily to strengthen pelvic floor muscles first.



Communicate with your partner about comfort levels and concerns.

Try comfortable positions to avoid hurting the incision.



Use water-based lubricants or prescribed estrogen creams for vaginal dryness.

Take warm baths, empty your bladder, or use prescribed pain relievers for painful postpartum intercourse.



Apply cold compresses for pain or burning after intercourse.