

Erfahrungsbericht zur Anwendung von EPI-NO

Dear Dr. W. H.,

After being given the opportunity to take part in your EPI-NO Survey I would like to mention my experience in connection with "childbed".

During this pregnancy I was really afraid of childbed after having suffered several vaginal tears at the birth of my first child and had problems in sitting for a long time (during the first 2-3 weeks after birth), as well as swollen, sewn labia which looked terrible.

I was not able to do any exercises to train my pelvic floor either and otherwise had no real ambitions to think of perineal gymnastics. This time - as you know - the vagina and perineum are intact. On the 2nd day after birth I started my perineal gymnastics. One glance in the mirror (no swollen labia, no enlarged vagina) motivated me to do something for my body. After three weeks I started training by beginning my perineal gymnastics. As my physical feeling was not weakened this time I was much more stable this time (despite some stress with my partner).

Meanwhile in my 5th week after birth I do some yoga every day, go jogging occasionally if someone is prepared to look after my children and plan to return back to my gymnastics group at the local sports association.

Summary:

Childbed was less chaotic from a psychic viewpoint and physically seen unproblematic. One day after delivery I was able to leave the hospital and besides taking care of my newly born baby I was able to do the housework after only 5 days!

If you require any additional information, please do not hesitate to phone me.

Many thanks and kindest regards
S.P.