Pain in the perineum (the diamond shape area of skin & muscle between the vagina & the anus) due to episiotomy tears, stitches, or stretching is very common. Tears & stitches can be uncomfortable during the first 2 to 3 weeks. Some women require no medication within a few days while others may require 2 to 3 months to feel 'normal'. If you experience infection and poor wound healing, contact your provider.

Vaginal Delivery:
- Pain in the perineum (the diamond shape area of skin & muscle between the vagina & the anus) due to episiotomy tears, stitches, or stretching is very common. Tears & stitches can be uncomfortable during the first 2 to 3 weeks.

Cesarean Section
- Some women require no medication within a few days while others may require 2 to 3 months to feel 'normal'.
- If you experience infection and poor wound healing, contact your provider.

Symptoms to Discuss with a Provider
- Breastfeeding or pain or swelling in your breasts
- Vaginal bleeding
- Perineal or incisional pain
- Swollen, red, or painful legs
- Headaches with or without vision changes
- Not being able to hold your urine (pee)