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How not to look like a mother, but be a mother.

It's a known fact that, for some women, pregnancy can permanently change their body. Usually a year post delivery, a lot of these changes settle back down.

Through this article let's talk about some of the transitions young mothers' face and should know about.

Starting with appearance

New mothers' tend to develop what is called a "mask of pregnancy" which causes darkening of the central part of their face. Remember treatments are available for this condition, they are gradual but effective.

Some come across Linea Nigra or the pregnancy line, for which time is the healer. This line usually fades away but in some cases they remain more permanent.

If you're having a caesarean delivery, the scars develop into keloid scars, which are enlarged, raised scar that can be darker than the surrounding skin. More of a cosmetic concern and can be easily treated.

Breasts

Pregnancy can bring changes to a woman's breasts, we all know that. The change defers from person to person. Some have smaller breasts, some much larger breasts and a few see no change.

Women also experience sagging of breasts caused by fat accumulation and breast feeding.

Brains

Did you know women's brains shrink during pregnancy?! It still remains unknown whether these effects are temporary or permanent.

Sex

If you are breast feeding you are more likely in the mood for sex. This is because, Breast feeding makes the body produce less oestrogen - an important hormone for arousal and natural vaginal lubrication.

Vaginal changes

Every woman experiences some vaginal change after childbirth. And it's totally normal for things to look and feel different down below, most of these changes return to normal over time, once the hormonal effects wear off.

There are a few things women can do to make the transformation shorter, for example performing pelvic floor exercises for when a woman's pelvic floor muscles relaxes and loses a slight tone.

And finally..Breast feeding and contraception:

Exclusive breast feeding can stop ovulation. If a breast feeding mother wishes to rely on its contraceptive effect, then she must breast feed at least 5 times a day with a total breast feeding duration of 60 to 65 minutes per day (more than 10 minutes per each feed) ■

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