

**MYTH BUST  
NUMBER 3**

**"SINCE GIVING BIRTH  
SEX REALLY HURTS.  
BUT I CAN'T GET  
HELP FOR THAT."**



***YES YOU CAN! ONCE YOUR BODY HAS RECOVERED FROM  
CHILDBIRTH, SEX SHOULDN'T HURT AND YOU CAN GET HELP***

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit [letsgetbetter.online/pelvichealth](https://letsgetbetter.online/pelvichealth), scan the QR code or speak to your midwife or healthcare professional.

