

Perineal chronic pain and dyspareunia after childbirth

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Until recently, a little attention was given to perineal consequences after delivery. Perineal pain can impact woman's daily activities. Dyspareunia is also common in the postnatal period. Both complications can be potentially devastating for mothers affecting relationships with their partner and bonding with the new born child.


It has been reported that 42% of women with a vaginal delivery will continue with these symptoms within the first 2 week postpartum. Up to 92% of mothers will complain of perineal pain on the day after delivery. Most of them will experience a gradual recovery within a 2-month period. However, chronic lower genital tract pain has been observed in a significant number of women 1 year after delivery. If we focus on the incidence of dyspareunia, the number of affected women increases notably. A 60% of these mothers will report coital difficulties after 3 months and 30% will continue with these issues 6 months after delivery. Our own statistics show a prevalence of perineal pain of 28% and 10% at 3 month and 6 months postpartum, respectively. Thus,

dyspareunia continues in 38% of cases at 3 months and 13% at 6 months. These values have been determined using the validated pain scores (visual analogue scales for pain: VAS) in our pelvic for unit. We examine women who had given birth in our hospital 2 and 6 months after delivery dyspareunia. After the medical interview, all patients are examined to look for trigger points. We consider a trigger point to be those where the vaginal/perineal examination set of the maximum degree of pain. We propose a treatment based on intravaginal injection directly into the trigger points. All of them reveal a complete relief of their symptoms 2 weeks after the administration of the medication.

Speaker Biography

Beatriz M Moya Esteban is a specialist in Obstetrics and Gynecology at Hospital Universitario Príncipe de Asturias in Alcalá de Henares. She has published in medical journals within Spain and Europe. She has also given several lectures in Spain dealing with various topics within her specialty. She is currently part of the team that conducts a clinical trial about perineal pain and dyspareunia treatment within the postpartum period.

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