

# Post-Natal Long Term Advice & Guidance

## Continuing With Your Family

**If you wish to continue with your family, then you may want to consider your future delivery options.** If you have no ongoing symptoms from a third- or fourth-degree tear, then you may wish to consider a vaginal birth. However, if you are having symptoms (such as faecal urgency or decreased control of wind) then a caesarean section may be recommended.

## Mental Health Support

**If you feel that your mental health has been affected by your birth experience, or the effects of a tear, then help is available.**

“**Birth reflections**” is a service where you meet with a senior midwife to discuss your birth. Many women find this useful as part of their recovery process. You can self-refer to this service by emailing [sash.birth.reflection@nhs.net](mailto:sash.birth.reflection@nhs.net)