

Submission
No 647

INQUIRY INTO BIRTH TRAUMA

Name: Name suppressed

Date Received: 6 August 2023

Partially
Confidential

Hello, I have been affected with birth trauma for the past 6.5 years and ongoing (diagnosed with PTSD) it's affected everything, my marriage because it's resulted

In painful sex, couldn't have sex for first 3 years, Vaginismus. I've spent thousands on therapy, EMDR therapy, holistic healing, physios. To just try not have painful sex. I'll never be the same. Yet the past month (6.5 years later after going through a separation from husband (birth trauma being the big elephant in the room) because it made me push him away and intimacy was painful so hardly did it.

I was 25, Australian, [REDACTED] - got induced - first midwife said darling have you been sexually assaulted as you're so tight how are you gonna give birth. I was right because I had trauma down there already from having an operation (c section scar) urethra bilateral Re implant when I was a baby 14 months old. Now I know my body was tight coz of that past trauma it remembered.

I was screaming 1-2 min contracting, and left alone mostly 8 hours had no support (male midwife and other young midwife couldn't check me coz I was too tight so I wasn't treated like I was in labour.

Change of shifts good midwife called my husband and mum for support

24 hour labour ended up with shoulder dysclasia, broken coccyx, pushing for 2 hours, vacuum, 9 ppl in room. And a third C degree tear which for 2.5 years I had a mini prolapse as I had a heavy painful rod 24/7 I carried around for 2.5 years which I healed through a lot of holistic therapies - I couldn't lift anything for 4 years so couldn't do my work at the markets coz can't set up gazebos. I breastfed for 2.5 years then had another baby and was given c section as still too traumatised for anyone to touch down there.

Baby came out with cord twice around neck and not breathing I spent 7 days in hospital I couldn't walk

I couldn't sit for 6-9 months on it hardly could drive. Got stitched up well in surgery. But painful sex - crying sharp horrible pain for 6.5 years.

I've learnt a lot and know a lot now and been on a healing pilgrimage. Felt very very alone and why me

I'm so strong tho and didn't realise how bad it was until years later. Coz I felt blessed to have happy baby. Full time stay at home mum. Ruined my confidence and changed me as 25-32 wasn't a sexual being. It broke me. But repairing and feeling much better about it all after being a big year working on it full time - felt worthless coz of painful sex. Still hurts and 3C degree tear took long time to heal and also mentally. I felt I did damage 2 hour pushing so strong.

Baby is lucky to be well and alive. Shoulder Dysclasia can be rare and I felt docs didn't pick it up quick enough

Hospital staff were great at [REDACTED] they are angels the midwife's - obviously a few make there mean comments like after one chick said you should be able to get up a c section lady next door is walking . My birth recovery was 6 years longer than my c section recovery

I don't mind talking about it as it's been a big journey