

Submission
No 1292

INQUIRY INTO BIRTH TRAUMA

Name: Miss Lauren Hart

Date Received: 8 August 2023

Partially
Confidential

My name is Lauren, I'm 29 years old and from . I had my first baby at when I was 20. I had a typical long first time labour and requested an epidural which did not work very well. After pushing for a couple of hours my daughter was born and I sustained a 2nd degree tear. A doctor came in to do my sutures and told me he won't use any local anaesthetic as I have received an epidural and won't need it. I was worried and said "my epidural isn't working" he did not really seem to care and started suturing. This was very painful and I found it very traumatic. When he finished the sutures he left and I turned to my partner and cried and cried. I had been through the longest few days of labour and then birth then to have this doctor inflict unnecessary pain on me .. I felt broken. I was tired, I felt ignored, I was hurt, I was totally traumatised. I never really came back to my happy self after that, I was depressed, I struggled a lot being a mum and I believe a lot of it was due to my birth and how I was treated by that doctor.