

**Submission
No 1271**

INQUIRY INTO BIRTH TRAUMA

Name: Mrs Ashleigh Burns

Date Received: 7 August 2023

Rough speculum entry for an examination when my waters broke (doctor was a pregnant female). Ended up having episiotomy and forceps delivery which was fine. I would do anything to ensure a safe birth of my child. However, there was absolutely nil aftercare by doctor (midwives were great) in terms of talking me through what had happened and why. Had a midwife visit me at home afterwards telling me I'm not allowed to sit on a ring (it was the ONLY way I could sit as I was soooo sore and swollen in my vulva region). I replayed the birth over and over and over for a long time. It only fully stopped when I had a textbook delivery with zero complications of my second child 3 years later. The second birth I had a tear and had to be stitched. The male doctor made a comment about making me tight for my husband and I've heard MANY women talk about this deranged comment being made in the same situation.