

Submission
No 1328

INQUIRY INTO BIRTH TRAUMA

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Partially
Confidential

My baby was born at Sydney in 2019. I woke up alone in recovery after a c-section under general anaesthetic and was SCREAMING in agony and asking where my baby was. I was told "I don't know, probably with your husband". I was scared and in pain, they refused further pain relief. They said to me the more upset I was the longer they would keep me away from him.

I asked to speak to my husband and the midwife handed me a random ward phone and walked away. My mind went blank as I had just had a major surgery and it took me a while to remember his number and contact him. Eventually after 3 hours they wheeled me to see my son. I was so traumatised I found it hard to bond with him. I got a horrible stomach lieus which was agonising.

A staff member offered to speak to me about "what happened" like 7 hours after my birth. It was too soon after surgery, I was too upset and pained so I said not yet. I never got contacted again after I left the hospital or any further follow up despite my traumatic birth, complications or our separation.

I was left with postpartum depression and it took me a long time to bond with my son. Thankfully now he's almost 4 and I'm recovered. I also had a wonderful planned c-section after him with my daughter which helped with my healing, although if they hadn't been so awful to me there wouldn't have been nearly so much to heal from. I feel robbed of my birth with him, the first few hours and the first months we should've had together in happiness as I was so physically and mentally unwell.