

P02-505

POST PARTUM SEXUALITY

A. Moutinho<sup>1</sup>, A.V. Pereira<sup>2</sup>, G. Jorge<sup>3</sup>

<sup>1</sup>Psychiatry, Centro Hospitalar Psiquiátrico de Lisboa, <sup>2</sup>Plastic and Reconstructive Surgery,

<sup>3</sup>Anesthesiology, Centro Hospitalar Lisboa Central, Lisbon, Portugal

In the post partum period many changes happen to the woman, including in the sexual life. Short-term post partum sexual problems are highly prevalent. Even though all kinds of dysfunction can arise, the most frequent are hypoactive sexual desire, vaginal dryness, orgasmic dysfunction and dyspareunia.

The aim of this poster is to overview six main etiological factors of the post partum sexual dysfunction: hormonal changes and breastfeeding, perineal trauma, fatigue, changes in social role, partner interaction and mood. The knowledge of these etiological factors and identification of the risk factors are important weapons in the prevention and approach to post partum sexuality by the couple and health professionals.