

Ask Pauline

Pauline is Soul Magazine's sex, intimacy and relationship agony aunt. If you have a question for Pauline, ask us on Facebook or email pauline@soulmagazine.com.au.

Is pain normal during intimacy?

No, it's not. No-one should experience pain when they are making love and if you are, we need to look at what can be causing this.

The first question I would be asking is are you fully aroused when you are having sex and are you lubricating naturally? Or do you need to keep topping up the lubrication?

Does the pain happen all the time or is it only some times? Is it in certain positions only?

Often, when women start going through menopause, the walls of the vagina lose elasticity and there is not as much collagen present.

Sometimes pain can occur after childbirth. Maybe there has been a tear or an episiotomy leading to internal adhesions in the vaginal wall, which will give you pain.

We can also have what's known as genital numbness. This can happen when there has been a little bit of discomfort or pain in the past and we block that out. We actually start to lack feeling internally too.

Here's a list of just a few areas that can be affected by internal adhesions, but not limited to these only:

Any surgery to do with childbirth, episiotomies, natural tears, C-sections, hysterectomies, ectopic pregnancy removal, abortion, prostatectomy, bladder infections, hysterectomy, endometriosis, organs, ligaments, tendons, fascia, muscles, any abdominal surgery, injuries to the coccyx, breast implants, head injuries, bowel surgery and more.

There could also be numbness or inflammation internally.

So, if you are experiencing pain – how do we reverse that so you can go back to enjoying pain free sex?

Many women are unaware of the lack of feelings or sensations experienced internally in the vaginal passage. This can come from childbirth or uncomfortable sex. By mapping internally with organic castor oil, we can determine any numbness or pain sensations and slowly restore the vaginal walls to feel sensations and pleasure.

Having low libido can also be due to internal adhesions.

So please, if you are experiencing any of these symptoms, can you please get in touch with me.



Pauline is available
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