

# Questions to Ask Your Doctor About Intimacy After Injury

For many people recovering from illness, injury, or surgery, questions about intimacy can feel difficult or awkward to bring up. Yet, physical connection and pleasure are important parts of your emotional wellbeing and quality of life.

Healthcare providers often focus on survival, mobility, and pain management, but intimacy is also part of recovery. Your provider may not raise the subject of intimacy, but it is completely appropriate for you to do so.

Below are some questions that may help guide the conversation.

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## 1. When Is It Safe for Me to Resume Sexual Activity?

This is the first and most important question.

Ways to phrase it:

- **“Is it medically safe for me to resume sexual activity?”**
- **“Are there movements or positions I should avoid during recovery?”**
- **“Is there a recommended timeline for returning to intimacy?”**

Your provider can help you understand any restrictions based on your specific injury or procedure.

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## 2. Are There Physical Changes I Should Expect?

Many injuries and/or medical treatments can affect the body in ways that influence intimacy.

Ways to phrase it:

- **“Could my injury or treatment affect sensation or arousal?”**
- **“Could any of the medications I’m taking affect libido?”**
- **“What physical changes are common during recovery?”**

Understanding what is normal during recovery can help reduce worry and frustration.

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### 3. Are There Ways to Make Intimacy More Comfortable?

Recovery often requires adapting to new physical limitations.

Ways to phrase it::

- **“Are there positions that may be more comfortable for my body right now?”**
- **“Are there ways to reduce strain on joints or surgical areas?”**
- **“Are there supportive tools or cushions that might help?”**

Your provider may be able to offer suggestions to reduce discomfort and support healing.

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### 4. Should I See a Specialist?

In some cases, additional professionals or specialists can provide helpful support.

Ways to phrase it:

- **“Would a pelvic floor therapist be helpful?”**
- **“Are there sexual health specialists who work with patients recovering from my injury?”**
- **“Is there counseling available for intimacy concerns?”**

These specialists can provide tailored guidance to your body and recovery process.

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### 5. How Can I Talk to My Partner About This?

Recovery can affect both partners emotionally and physically.

Ways to phrase it:

- **“What should I share with my partner about my recovery?”**
- **“How can we approach intimacy safely during healing?”**

Your provider may be able to offer suggestions for how to pace your intimacy and communicate with your partner about your new needs.

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## A Gentle Reminder

Many patients hesitate to bring up sexual health concerns with their providers, but these conversations are both valid and important.

If it feels uncomfortable, you might simply start by saying:

**“I have a question about intimacy and recovery. Is this something we can discuss?”**

Most healthcare providers will welcome the opportunity to support all aspects of their patients' wellbeing and recovery.

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## At Intimacy Rehab

We believe that healing includes more than physical recovery. It includes connection, confidence, and the ability to experience pleasure in ways that feel safe and comfortable for your body.

Open conversations with healthcare providers are one important step toward that goal.

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