

CONGRATULATIONS on the birth of your baby.

Some important dates to keep in mind:

First Obstetric provider appointment: _____

First Pediatric provider appointment:

Find additional
trusted
information and
resources for
you and baby at:



Remember to take care of yourself too. Staying healthy is good for you AND your baby!

Rest and activity

- Take it easy and rest. Accept support with meals, housework, babysitting, and caring for other children.
- Try mild exercises, like walking, each day.

Eating and Drinking

- Eat healthy meals with fruits, vegetables, lean meats, beans, dairy and whole grains.
- Drink 8-10 glasses of liquid per day.

Hygiene and vaginal recovery

- Rinse with warm water and change pads after using the bathroom (until bleeding stops).
- Wash and wipe from front to back.
- Don't use tampons or douches until bleeding has stopped (about 4-6 weeks).
- Avoid sex for at least 4-6 weeks or until you have seen your provider.

Vaginal bleeding

- Bleeding frequently goes from red (1-3 days) to pink or brown-tinged (3-10 days) to yellowish white (10-14 days).
- Small clots are normal for 1-10 days. Flow may be heavier after activities or after standing.

Hemorrhoids

- Avoid straining during bowel movement.
- Drink lots of water and eat a high-fiber diet.
- Over-the-counter stool softeners like Senna can be used.
- Topical hemorrhoid creams can be used to treat pain.

Urinating

- Go to the bathroom every 3-4 hours.
- Leaking may occur when sneezing or straining.
- You should not have pain or burning when urinating.

Managing pain

- Take over-the-counter medication like Tylenol or Advil if needed.
- Use ice packs for pain around the vagina or warm pad on stomach for cramping.

Additional instructions:

Mental Health

- Blues
 - Starts after birth and gets better within 14 days.
 - Feelings of sadness, worry, mood swings, crying or trouble sleeping
- Depression
 - Feelings of intense sadness, lack of interest in food or things that normally bring joy. Difficulty caring for self and/or baby.
- Anxiety
 - May start after birth and last weeks to months.
 - Feelings of fear, panic, shortness of breath, rapid pulse, dizziness, chest/stomach pain.
- More
 - Disturbing or repetitive thoughts, confusion, bizarre behavior, elation and not feeling tired, hallucinations, or thoughts of hurting yourself or others. If you experience any of these, call 911/988.

If you have symptoms of depression, anxiety or other mental health concerns, seek help with your health care provider or hospital emergency department.

Self-Care Measures

Sleep It's normal for sleep quality to change after birth. Ask for help so you can nap.

Mindfulness Focus on the present moment and what you are grateful for.

Exercise Start slow, like walking or stretching for 30 minutes/3 times a week to support healing.

Connecting with baby Read and sing to your baby, consider using a baby carrier to keep baby with you.

Sexual Health

- Vaginal dryness may occur. Water-based lubrication may help.
- Talk to your partner and provider about contraception.

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women and postpartum people who give birth recover without problems. **But anyone can have a complication for up to one year after birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



<p>Call 911 if you have:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pain in chest <input type="checkbox"/> Obstructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or someone else
<p>Call your healthcare provider if you have: (you only need one sign) <small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher or 96.8°F or lower <input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes

Tell 911 or your healthcare provider:

"I gave birth on _____ and
(Date)
 I am having _____,"
(Specific warning signs)



Scan here to download this handout in multiple languages.

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy, vaginal tear, or C-section site may mean an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher or 96.8°F or lower**, bad smelling vaginal blood or discharge may mean you have an infection.
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

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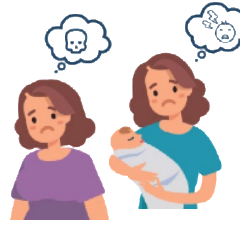
URGENT MATERNAL WARNING SIGNS



Headache that won't go away or gets worse over time



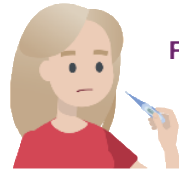
Dizziness or fainting



Thoughts about hurting yourself or your baby



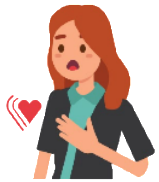
Changes in your vision



Fever



Trouble breathing



Chest pain or fast-beating heart



Severe belly pain that doesn't go away



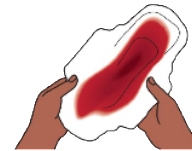
Severe nausea and throwing up (not like morning sickness)



Baby's movements stopping or slowing



Vaginal bleeding or fluid leaking during pregnancy



Vaginal bleeding or fluid leaking after pregnancy



Swelling, redness, or pain of your leg



Extreme swelling of your hands or face



Overwhelming tiredness

If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.

If you can't reach your provider, go to the emergency room. Remember to say that you're pregnant or have been pregnant within the last year.

Learn more: <https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/>



Take a photo to learn more