

Postpartum Care

Taking care of yourself after childbirth



A woman's body goes through many changes during pregnancy and birth. Following up with a health care provider after delivery is important for mom's health.

What is postpartum care?

A postpartum checkup is a visit with your health care provider after having a baby to make sure you are recovering well.

When should it happen?

- ◇ All women should get a complete postpartum checkup no later than 12 weeks after giving birth.
- ◇ This visit is a good time to talk to your doctor about future pregnancies.
- ◇ If you have any problems during pregnancy or a health condition, you may need more checkups, as recommended by your doctor.

Why is it important?

You may have body changes after delivery. It's important to make sure you are recovering well and the changes are not a sign of a serious health problem.

Sources:

March of Dimes
American College of Obstetricians and Gynecologists

Did you know?

Nearly **70%** of women report **at least one problem with their body**, in the first 12 months after delivery. This "fourth trimester" period can bring many challenges, like postpartum depression, tiredness, lack of sleep, pain, breastfeeding issues, lack of sexual desire, and lack of urine control. You may want to turn to unhealthy habits. Talk to your doctor if you have any concerns.

Every woman is different.

- ◇ Many women feel more anxiety, feelings of sadness or anger, or other emotions that may cause you to not feel like yourself.
- ◇ At your postpartum checkup, your health care provider can offer referrals to support groups, therapy and, in some cases, medication.
- ◇ Check with your health care provider for recommendations that are right for you.
- ◇ Tell your provider right away if you have symptoms that you are unsure of or you cannot explain.
- ◇ If you are worried, call your provider.