

What To Expect After Delivery...

After baby is born, many changes (physical and hormonal) occur with your body. You should expect:

- Vaginal bleeding (may be lighter or heavier than a normal period)
- Stitches or incision
- Constipation or hemorrhoids
- To keep taking prenatal vitamins and/or iron pills
- To need plenty of sleep
- Sore or tender breasts (if breastfeeding, breasts may engorge)
- Emotional changes (contact doctor if extreme or interfere with caring for baby)



Plan To...

- Notify insurance of baby's birth
- Schedule baby's first doctor appointment within 48 hours
- Schedule your doctor appointment (in 4 weeks) to discuss family planning and medical conditions.

If you have questions or concerns, call your doctor.

Mom's Doctor _____

Office Number _____

Baby's Doctor _____

Office Number _____

Public Health Nurse _____

Phone Number _____

Danger Signs After Delivery...

Some aches and pains after delivery are normal. If you have any of the following signs:

- Severe headache
- Seeing spots
- Blurred or double vision
- Red, painful, or hard breasts
- Difficulty breathing
- Pain or tenderness in legs
- Change in vaginal discharge
- Increased bleeding or passing clots
- Pain or burning with urination
- Foul smelling urine
- Severe pain near stitches or incision
- Redness, pain, or draining from C-section
- Feeling very tired, depressed or angry

Call Your Doctor Right Away!



HEALTH DIVISION

Department of Health & Human Services

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