

## Postpartum Care

### Postpartum Appointments and Follow-Up

If you do not already have your postpartum appointments scheduled, please call to schedule once you have delivered.

- For both vaginal delivery and cesarean section, schedule visits for 2 week and 6 weeks postpartum.

There are certain circumstances that require additional visits. Please refer to your discharge paperwork to ensure that your doctor does not want additional visits. Visits may be eligible for video-based telemedicine.

Topics that will be covered at your postpartum visit include:

- Postpartum recovery
- Postpartum depression screening
- Postpartum hypertension
- Contraception

### Caring for Yourself After Delivery

- Your mental health is a critical part of achieving healthy babies and healthy families.
  - Heartland Women's Healthcare offers effective help and support if you have or are likely to have mental health struggles during pregnancy or the first year after birth. Visits are available with select providers by video-based telemedicine so you can have care from the comfort and privacy of your own home.
  - If you have a history of depression, please be sure to discuss that with us. If you are feeling depressed, lacking in motivation, withdrawing from work, family, and friends, please call us immediately, or have a family member contact us.
- Your stamina and energy will return week by week, so begin slowly and build as you are able.
- REST! We cannot stress enough how important rest is. Your sleep cycles will be altered by your newborn, and sleep deprivation will set in quickly. You do need to rest whenever your newborn is resting.
- Nutrition continues to be important as your body heals from the long process of pregnancy, labor, delivery and postpartum. As during pregnancy, drink lots of liquids and eat healthy!
- Bleeding will continue over 2-6 weeks. It will change from red to dark red to brown to pink. You may see clumps or clots of blood. Do not use tampons. Too much activity may result in an increase in bleeding. Please call us if you are soaking a maxi pad in an hour or less, or if clots are as large as an orange.
- Resuming intimacy varies for everyone and every couple. Your body needs to heal first. It is possible to become pregnant before you see your first period after delivery. We recommend you delay sexual intercourse or use condoms until we discuss contraception at your postpartum visit.
- If you had an episiotomy or tear and needed stitches, use Sitz Bath 2-6 times daily to speed healing. You may use warm or cold water, whatever is most soothing to you.