

CONGRATULATIONS!!
YOU ARE AWESOME!! ASK FOR HELP IF YOU NEED IT!!



POST-PARTUM **ALERTS**

WHILE I KNOW YOU ARE EAGERED TO GET HOME, I WANT TO REINFORCE SOME RED FLAGS THAT SHOULD ALERT YOU TO NOTIFY YOUR OB PROVIDER

A	<u>ANXIETY/DEPRESSION</u> INSOMNIA, LOSS OF APPETITE, DIFFICULT BONDING WITH BABY, CRYING OR IRRITABILITY, LACK OF CONCENTRATION	POSTPARTUM DEPRESSION THAT GOES UNTREATED CAN BE SERIOUS. ASK FOR HELP FROM YOUR FAMILY, FRIENDS, OR HEALTHCARE PROVIDER. IT IS USUALLY TREATED WITH MEDICATION AND/OR COUNSELING.
L	<u>LOCHIA</u> INCREASED BRIGHT RED BLEEDING OR FOUL SMELLING LOCHIA	EXCESSIVE BLEEDING (SATURATING A PAD IN LESS THAN 1 HOUR), ABNORMALLY LARGE, GOLF BALL SIZE CLOTS, FOUL SMELLING DISCHARGE, SEVERE CRAMPING, FEELING DIZZY, BLURRED VISION
E	<u>ELEVATED BP</u> GREATER THAN 140/90 CONSISTENTLY, IN ADDITION TO HEADACHES OR VISUAL DISTURBANCES	<u>POST PARTUM PRE-ECLAMPSIA</u> IS REAL. YOU CAN HAVE IT EVEN IF YOU DID NOT HAVE ANY PROBLEMS DURING PREGNANCY. SSX: HEADACHE, VISUAL DISTURBANCES, ELEVATED BP
R	<u>REDNESS</u> WITH SWELLING OR PAIN, IN BREASTS, LOWER LEGS, AND/OR INCISION (IF APPLICABLE)	IN ONE BREAST, OR BOTH, COULD BE MASTITIS. IN ON LEG, OR BOTH IT COULD BE A DEEP VEIN THROMBOSIS.
T	<u>TEMP > 100.4</u> OR FLU LIKE SYMPTOMS SUCH AS CHILLS, FATIGUE, BODY ACHES, SWEATING	WITH ABDOMINAL PAIN AND FOUL SMELLING LOCHIA, IT COULD BE ENDOMETRITIS. WITH PAIN IN BREAST, IT COULD BE YOUR MILK COMING IN, OR MASTITIS. WITH URINARY SYMPTOMS, IT COULD BE AN URINARY TRACT INFECTION.
S	<u>SEVERE STOMACH PAINS OR SHORTNESS OF BREATH</u> PAIN NOT RELIEVED WITH PAIN MEDS	WHILE IT COULD BE NORMAL "AFTERPAINS", IT COULD BE INFECTION (ENDOMETRITIS OR UTI) OR PRE-ECLAMPSIA (RIGHT UPPER ABDOMEN)