

Postpartum Care

- Delivery of placenta
- Hospital Stay
 - > 2 days for SVD
 - > 3 days for C-section

Postpartum Care

• Uterine Fundus

- > Umbilicus at 24 hrs
- > Above pubic symphysis at 1 week
- > Not palpable abdominally at 2 weeks
- > Normal size at 6-8 weeks

Postpartum Care

Pain

- Afterpains
 - Uterine involution
- NSAIDs
- Perineal pain
 - Acetaminophen/NSAIDsIce packs
- > C-section
- Narcotics Morphine

Postpartum Care

- ⊚ Baby
- Birth/Belly
- Breathing
- Bleeding
- Bladder
- Bowels
- Blues
- Birth Control

Postpartum Care - Breast

- Breast Engorgement
 - > 24-72 hours
- Latching concerns
 - Lanolin
 - Nipple cream ("Jack Newman's")
- Mastitis

Postpartum Care - Breathing

- Venous Thromboembolism
 - > 20-80X higher risk than prepregnancy
 - > Risk returns to baseline by 12 weeks
 - Most common cause of maternal death in developed countries

Postpartum Care - Bladder

- Transient Urinary complications
 - Retention
 - > UTI
 - Stress Incontinence
 - Kegel exercises

Postpartum Care - Bowels

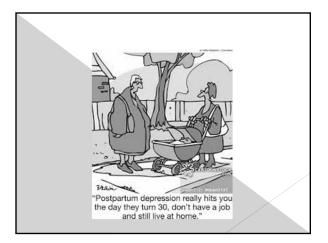
- Bowel function
 - Constipation
 - > Pain
 - > Hemorrhoids

Postpartum Care - Bleeding

- Lochia
 - > Decidua divides into 2 layers
 - Lochia rubra (red/brown)
 - > Lochia serosa (pink/brown)
 - > Lochia alba (yellow/white)
- Usually completes by 1 month
 - > 15% not completed at 6-8 weeks

Postpartum Care - Bleeding

- Endometritis
 - > C-section > SVD
 - Risk factors
 - Antibiotics
 - Amoxil + Flagyl
 - Amox/Clav
 - > Delayed post partum hemorrhage



Postpartum Care - Blues

Postpartum blues

> 40-80%

- > Mild depressive symptoms
- Self limiting
- Post partum Depression

> 8-15%

> Medication, ? referral



Postpartum Care – Birth Control

Contraception

- > Lactationnal amenorrhea
 - < 4 hours during the day, < 6 hours at night
- Progestin only options
 - POP
 - DMPA
- Combined oral contraception
 6 weeks, well established
- > IUD
- Sterilization

Postpartum Care

- Immunization
 - Rubella
 - Non-immune
 - Varicella
 - WinRho • 2nd dose
 - > Dtap
 - > WinRho
 - Kleinhauer

Postpartum Care

- Life long Health
 - Cervical screening
 - Breast screening
 - Family history
 - > Glucose testing, GDM