

Post Partum Care
QEH Grand Rounds
November 13, 2015

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/NSAIDs
 - Ice 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 depression really hits you the day they turn 30, don't have a job and still live at home."

Postpartum Care - Blues

- Postpartum blues
 - > 40-80%
 - > Mild depressive symptoms
 - > Self limiting
- Post partum Depression
 - > 8-15%
 - > Medication, ? referral



Postpartum Care – Birth Control

- Contraception
 - > Lactational 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
