



YOUR POSTPARTUM PLAN

Everyone's birth journey is different, and so is their postpartum experience. Think through different scenarios.

ASK YOURSELF...

- *What's your postpartum plan?*
- *Who do you have around to support you?*
- *What does that support look like?*
- *Will you need help with pets, other children, meals, housekeeping?*

NORMAL

- Vaginal soreness
- Incision soreness
- Nervousness about bowel movements
- Hemorrhoids
- Vaginal discharge
- Postpartum contractions/after-pains
- Colostrum and/or leaking breasts
- Breast changes/heaviness
- "Baby Blues" around 5-7 days postpartum

WARNING

- Excess bleeding (soaking a pad an hour, losing large clots)
- Chest pain and shortness of breath
- Fever
- Pain in your legs
- Headache, dizziness, and vision changes
- Streaks or lumps in your breasts, especially if you're feverish
- Pain with urination
- Prolonged sadness and anxiety

CALL YOUR CARE PROVIDER IMMEDIATELY



SUPPORT TIPS

- Partners and support networks play a big role
- Support lessens risks for Postpartum Mood Disorders
- Encourage them to settle in and bond with baby
- Take baby while they nap
- Limit unnecessary visitors
- Make sure household tasks are taken care of
- Proper nutrition for you and them
- Hydration
- Help them get up and move around as needed
- Encourage sleep!
- If something is "off" you may notice before they do, contact provider and support network
- Have doula and care provider contact info handy
- Consider hiring a postpartum doula to help not only your partner but the whole family!

RESOURCES

Postpartum Support International
Postpartum Stress Center

PSI Helpline:

1-800-944-4773

#1 En Español or #2 English

OR TEXT: 503-894-9453