

POSTPARTUM BODY CONCERNS CHECKLIST

When to Call your Caregiver

You will need to get in touch with your caregiver immediately if you experience one or more of the following symptoms, which may indicate that you are experiencing a postpartum hemorrhage, a postpartum infection, or other postpartum complications:

- sudden, heavy bleeding;
- a large number of blood clots;
- the return of bright red bleeding once your lochia has begun to subside;
- a foul-smelling vaginal discharge;
- severe pain or redness around, or discharge from, an episiotomy, tear, or Caesarean-section incision;
- a fever over 100°F (37.8°C);
- nausea or vomiting;
- blurred vision or dizziness;
- pain, redness, hot spots, or red streaks on your breasts;
- localized swelling or tenderness in your breasts;
- painful, burning urination or urgency when you urinate;
- painful, swollen, or tender legs;
- persistent perineal pain with increasing tenderness;
- vaginal pain that worsens after, or lasts longer than, a couple of weeks;
- a headache that does not go away,
- sharp pains in your abdomen, breasts, or chest;
- crying spells or mood swings that feel out of control; and
- thoughts of harming yourself or your baby.

