

Postpartum Recovery Guide

Physical and emotional healing after birth

The weeks after childbirth—often called the fourth trimester—are a time of healing, adjustment, and learning. Every mother's recovery is different. Be patient with yourself and remember that healing takes time.



PHYSICAL RECOVERY CHECKLIST

- ☐ Rest whenever possible.
- ☐ Drink plenty of water.
- ☐ Eat balanced, nutrient-rich meals.
- ☐ Continue taking any medications or supplements recommended by your healthcare provider.
- ☐ Attend your postpartum checkups.
- ☐ Ask for help with household responsibilities.



WHAT TO EXPECT



VAGINAL BIRTH

- Vaginal bleeding (lochia) for several weeks
- Mild cramping
- Perineal soreness
- Fatigue



CESAREAN BIRTH

- Incision discomfort
- Gradually increase activity as recommended
- Avoid lifting anything heavier than your baby until cleared by your provider
- Watch for signs of infection around your incision



EMOTIONAL RECOVERY

It is normal to experience many emotions after birth.

You may feel:



Joy



Love



Anxiety



Overwhelm



Sadness



Irritability



Fatigue

Many mothers experience the "baby blues," which usually begin within a few days after delivery and improve within two weeks.

If symptoms become intense, last longer than two weeks, or interfere with daily life, talk with your healthcare provider.



QUESTIONS FOR YOUR POSTPARTUM VISIT

- 1 Is my recovery progressing as expected?
- 2 When can I safely resume exercise, sexual activity, and driving?
- 3 What emotional changes are normal, and when should I seek additional support?



Remember:
Healing is not linear.
Some days will feel easier than others.
You are doing an incredible job.

TRUSTED RESOURCES



American College of Obstetricians and Gynecologists (ACOG)
www.acog.org



Centers for Disease Control and Prevention (CDC)
www.cdc.gov



World Health Organization (WHO)
www.who.int



Office on Women's Health
(U.S. Department of Health & Human Services)
www.womenshealth.gov

This guide is intended for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your healthcare provider regarding your pregnancy and medical care.