

HEALTH TIPS

Make Health Happen

Postpartum care

POSTPARTUM CARE IS THE CARE YOU GET AFTER YOU DELIVER YOUR BABY

It is easy when you have a newborn to forget to take care of yourself, too. You will need four to six weeks to get back to normal health, but it could take longer if you get sick.

You will need to call your doctor or go to the nearest emergency room right away if you have:

- Chills
- A fever over 100.4 degrees
- A lot of pain when you urinate
- Red and tender swollen area on any part of your breasts
- Heavy bleeding (more than a normal period) with large clots
- Very bad vaginal odor

Take the quiz below to see if you know what to expect once you are home.

True or false

1. I can eat anything I want now.

False. Your body needs healthy foods to heal. Eat healthy foods like fruits, vegetables, whole grains and lean proteins.

2. I will have bleeding like a regular period for about four to six weeks.

True. The color will change from bright red to pink to yellowish-white.

3. I should not lift anything heavier than my baby.

True. For the first few weeks while you are recovering, you should not lift anything heavier than your baby.

4. I can take a bath and soak in the tub.

False. Taking a bath can cause bacteria to enter your vagina, and you may get an infection. Only take showers until your doctor says you can bathe. Use the cleansing bottle from the hospital to wash the outside of your vagina every time you go to the bathroom.

Taking care of yourself after you deliver your baby is important. You want to be healthy for yourself and for your baby.

You will need to see your doctor for a postpartum visit about six weeks after your baby's birth. Your doctor will want to make sure your body is back to normal.

Write questions you want to ask your doctor on the spaces below. _____

For more information, visit the National Women's Health Information Center online at www.womenshealth.gov or call 1-800-994-9662.

Office on Women's Health website: www.womenshealth.gov. (Accessed on September 4, 2013.)



www.unicare.com

UniCare Health Plan of West Virginia, Inc.

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Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.