

Warning Signs after Having a Baby

Keep this paper on your fridge or somewhere else where you can see it.

The symptoms below can happen to anyone after giving birth. They can be very serious. Call your provider if you have any of these warning signs.

My provider's phone number: _____

Losing too much blood (hemorrhage)

Call your provider if you soak through a pad in less than an hour or pass blood clots bigger than a golf ball. These may be signs that you bleeding too much.

Blood clots in the legs or lungs

After you give birth, your body naturally clots its blood to help prevent blood loss. Sometimes, this increased clotting can happen in the other areas of the body, like the legs or lungs. This can block your blood flow and be very dangerous.

Call your provider if you:

- Have a red, swollen spot in the back of your leg that is warm or painful when you touch it.
- Are coughing up blood.

Infection

Call your provider if you have any of these symptoms:

- Fever of 100.4°F (38°C) or higher.
- Pain or redness around your stitches if you had an incision.
- Any yellow, white, or green fluid coming from places where you had stitches or surgery.

Call your provider if you have any of these symptoms up to 12 weeks after having your baby.

- Thoughts of hurting yourself or your baby.
- Pain in your chest or trouble breathing.
- Severe headache not helped by pain medicine.
- Eyesight concerns (blurry vision, seeing spots or flashes of light, other changes to eyesight).
- Fainting, shaking or other signs of a seizure.

Call 9-1-1 if you feel that it is an emergency.

Mood problems (postpartum depression)

Many people feel sad or have mood changes after having a baby. But for some people, these mood swings are worse.

Call your provider right away if you feel so anxious or nervous that you can't care for yourself or your baby.

Preeclampsia (high blood pressure)

Even if you didn't have high blood pressure when you were pregnant, you are at risk for the high blood pressure disease called **preeclampsia**. This risk can last up to 12 weeks after giving birth.

Call your provider if you have:

- Pain on your right side under your rib cage.
- Sudden swelling in the hands and face.

Remember: You know your body. If something doesn't feel right, get medical help.