Postpartum Zones

ALL CLEAR—This zone is the goal
Normal symptoms after delivery
- Breast engorgement
- Vaginal bleeding
- Abdominal cramping
- Sore perineum
- Constipation
- Fatigue
- Body aches

CAUTION—This zone is a warning zone
Call your Nascentia nurse first at 315-477-4663 with these symptoms
- Painful lumps in the breast
- Heavy bleeding, soaking through more than one pad in an hour
- Large blood clots (larger than a 25 cent coin)
- Headache that does not go away with medication
- Swollen lower extremities, hands, or face
- Discharge, pain, or redness around C-section site
- Vaginal wound that does not heal or worsens
- Foul-smelling vaginal discharge
- Severe pain in lower abdomen/burning on urination (UTI)
- Red or swollen leg that feels warm or painful to touch
- Feelings of anxiety and hopelessness

EMERGENCY
Go to the emergency room or call 911
- Heaviness in chest/chest pain
- Trouble breathing or shortness of breath
- Temp of 100.4 F or higher
- Feelings of doing harm to self or infant

Nurse: Phone: (   )
OB/GYN: Phone: (   )
PCP: Phone: (   )