

# 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: ( )