Postpartum Zones





ALL CLEAR—This zone is the goal

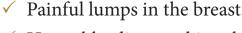
Normal symptoms after delivery

- ✓ 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



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