

# What is a Postpartum Checkup?

- A postpartum checkup is your doctor's visit after your baby is born. Your doctor will make sure that you are healing right.
- See your doctor 3 to 6 weeks after your baby is born.
- Ask your doctor questions about anything you are not sure about. This is the time to talk with your doctor about birth control.
- Do not be afraid to talk to your doctor about how you feel.



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# What to do After Your Baby is Born?



After you have your baby you may be overcome with feelings. Your mind and body are going to feel different. Many of these changes are normal. Find out what to expect and what you can do to prepare for these changes.

## What should I expect after I have my baby?

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- **Pain from contractions.** This is normal and will last for about 4 to 7 days after your baby is born.
- **Bleeding or spotting from your vagina.** This will last for about 2 to 6 weeks.
- **Hard time peeing.** You might feel some pain or burning when you try to pee. This usually lasts for the first 24 hours after your baby's birth.
- **Constipation.** You might find it hard to have a BM. You may be scared if you were cut or had a tear.
- **Hemorrhoids.** Your pushing during labor may have caused a vein to bulge, resulting in hemorrhoids. It can be painful.
- **Feel sore and bruised.** You worked hard and used a lot of energy during labor. Afterwards you might feel sore and have a few bruises.
- **Sweating a lot.** This happens because your hormone levels drop after you have your baby.

## Why do I not feel like myself?

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Some moms might feel a little down or blue after they have their baby. You might feel tired and unhappy with the way you look. You may feel stressed over your new role as a mom. These feelings normally go away after 10 days. If these feelings do not go away, you may start to feel depressed, helpless, lonely and cry easily. You may even want to harm your baby. You may have postpartum depression or "postpartum blues." Ask for help. Call your doctor.



## Should I breast feed my baby?

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It is up to you how you would like to feed your baby. You do not have to breast feed. You can bottle feed your baby, but there are many good reasons to breast feed. Some of the reasons are:

- Breast milk is best and comes from you
- It helps your baby fight infections
- It saves you money
- It is always available for your baby
- It lowers your baby's risk of diabetes, obesity, asthma, allergies, and some cancers
- It reduces your risk of some types of ovarian and breast cancer
- It helps you lose the weight you gained while you were pregnant.

## Do I need to use birth control while breast feeding?

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Many women think that they cannot get pregnant again if they breast feed. This is not true. You can still get pregnant even if you breast feed. Some birth control can be harmful to your baby while you are breast feeding. You should talk to your doctor about the type of birth control that is best for you.

