

Health Tips

Make Health Happen

Postpartum care

Having a baby changes your life and routine. It's important to be healthy for yourself and your baby.

4 to 6
WEEKS

It may take 4 to 6 weeks to heal after delivery.

During this time, you may have heavy bleeding that slowly lessens.

Call your OB provider or your primary care provider or go to the nearest emergency room right away if you have:

Chills.

A temperature (fever) higher than 100.4 degrees Fahrenheit.

A lot of pain when you urinate (pee).

A red, tender, swollen area on your breast.

Bleeding that's more than a normal period, or with large clots.

A very bad odor coming from your vagina.

A hard time breathing (short of breath), or are feeling very tired.

A headache that won't go away.



Help your body heal

Keep eating fruits, veggies, whole grains, and lean proteins, and keep drinking water.



Rest as much as you can when you get home. Don't try to do too much around the house, or have a lot of visitors. Try to lie down or nap while the baby naps. It's okay if it feels like all you can do is eat, sleep and care for your baby at first.



Don't lift anything heavier than your baby.

Take it easy on yourself, and only lift things that are light.



It's best to wait to take a bath and soak in the tub.

Take showers until your OB provider says it's okay to take a bath. Bacteria can get into your vagina during a bath, and that may cause an infection.




dell children's
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only

Member Services : 1-888-596-0268 (TTY 711)

Monday through Friday 7 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

DellChildrensHealthPlan.com/members

HealthTips

When should I schedule my checkup after my baby is born (postpartum)?



It's best to go to your OB provider within 1-3 weeks after delivery, but no later than 12 weeks (7-84 days).

Your OB provider may want to see you sooner if you had certain issues before, during, or after delivery, such as high blood pressure or if you had a cesarean section (C-section).

If your insurance coverage (benefits) might end after birth, make sure to have this follow-up exam before you lose your benefits. You can contact the Texas Health and Human Services Commission to ask about keeping your benefits.

Put a reminder in your phone, or write it down:



Day: _____

Time: _____



It's natural to have a baby.

Our nurses are here for you 24/7. We're here to answer your questions if you feel too shy to ask your OB provider or primary care provider. Call the 24-hour Nurse HelpLine at 1-888-596-0268 (TTY 711).

Source:

Office on Women's Health website: www.womenshealth.gov.
(Accessed on February 22, 2019.)