

SAVE YOUR LIFE

Get Care for These POST-BIRTH Warning Signs

Trust Your Instincts

ALWAYS get medical care if you are not feeling well or have questions or concerns.

Most women and postpartum people who give birth recover without problems. **But anyone can have a complication for up to one year after birth.** Learning to recognize these **POST-BIRTH** warning signs and knowing what to do can save your life.

Get Care for These Post-Birth Warning Signs

Call 911 if you have:

- ▶ **P**ain in chest
- ▶ **O**bststructed breathing or shortness of breath
- ▶ **S**eizures
- ▶ **T**houghts of hurting yourself or someone else

Call Your Healthcare Provider if you have:

(you only need one sign)

If you can't reach your healthcare provider, call 911 or go to an emergency room

- ▶ **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- ▶ **I**ncision that is not healing
- ▶ **R**ed or swollen leg, that is painful or warm to touch
- ▶ **T**emperature of 100.4°F or higher or 96.8°F or lower
- ▶ **H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- Pain in chest, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- Seizures may mean you have a condition called eclampsia
- Thoughts or feelings of wanting to hurt yourself or someone else may mean you have postpartum depression
- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage

- Incision that is not healing, increased redness, or any pus from an episiotomy, vaginal tear, or C-section site may mean an infection
 - Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot
 - Temperature of 100.4°F or higher or 96.8°F or lower, bad-smelling vaginal blood or discharge may mean you have an infection.
 - Headache (very painful), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post-birth preeclampsia