

Postnatal Care

Postnatal care, also known as postpartum care, refers to the medical and emotional care provided to a woman and her newborn following childbirth. This period typically extends for several weeks or months after delivery, focusing on the well-being of both the mother and the newborn as they transition to life after childbirth. Postnatal care involves monitoring and addressing physical and emotional changes, providing support, and ensuring their well-being.

Who is at Risk for postpartum complications?

Women with chronic conditions such as cardiac disease, obesity, or high blood pressure are at a greater risk of pregnancy-related complications. If individuals have these risk factors, monitoring postpartum health is particularly important.

Common issues that women may experience after childbirth include:

Childbirth puts extra stress on the mother which in more cases the body is designed to recover

- **Physical recovery:** Many mothers experience physical discomfort, including perineal pain, sore breasts, and fatigue as their bodies recover from childbirth. Addressing these issues and managing pain is a common concern.
- **Emotional well-being:** Postpartum mood disorders, such as postpartum depression or anxiety due to hormonal changes, can affect some women. Emotional well-being and mental health are significant concerns during the postpartum period.
- **Breastfeeding challenges:** Some mothers may encounter difficulties with breastfeeding, including latching issues, nipple pain, or concerns about adequate production.
- **Sleep deprivation:** Adjusting to the demands of a newborn's sleep patterns can be challenging, leading to sleep deprivation for new parents.
- **Body image:** Changes in body shape and weight gain during pregnancy can contribute to body image concerns for some women.
- **Postpartum bleeding:** After childbirth, women typically experience postpartum bleeding (lochia), which can be a concern if it becomes excessive or prolonged.
- **Urinary and bowel changes:** Women may experience changes in urinary and bowel function, including incontinence or constipation, during the postpartum period.

Postnatal Care

How to deal with postpartum depression and signs to watch out for:

Postpartum depression is a common condition that impacts many new birth parents. It is a complex mix of physical, emotional, and behavioral changes that can happen after childbirth, causing feelings of depression, sadness, anxiety, hopelessness, guilt, and fatigue. If you experience any of these feelings or thoughts, do not hesitate to reach out to your healthcare provider for guidance and support. Additionally, talking openly with friends and family can provide valuable emotional support.

Caring for your health after delivery:

- **Rest:** The first few weeks after delivery are an important time for you to rest whenever you can. Try and sleep or rest when your baby sleeps. This rest will help you recover.
- **Avoid heavy lifting:** anything that's heavier than your baby while you are recovering. This is especially important if you've had a C-section delivery.
- **Limit your stair climbing:** Try to limit the number of trips you take up and down the stairs each day while you heal.
- **Wash your hands** always after you visit the bathroom, change your baby's diaper, and before feeding your baby.
- **Maintain a nutritious** diet to support your body's recovery and provide essential nutrients, especially if breastfeeding. Continue taking your prenatal vitamins every day.
- **Attend postpartum** checkups with your healthcare provider to monitor your physical and emotional well-being.

By taking proactive measures during pregnancy, you contribute to a healthier postnatal experience. Open communication with healthcare providers, staying informed, and prioritizing self-care, you can enhance the chances of a positive postnatal experience

To know more:

- [Learn about recovery times and what to expect after having a baby.](#)
- [What are common challenges in breastfeeding, and how can they be addressed](#)
- [Adjusting to life with a new baby can be challenging](#)

Your Health, Your Responsibility

Patients for Patient Safety Foundation

www.patientsforpatientsafety.in

UIN - 15.6b WB