

# POSTPARTUM HEALING TRACKER

Patient Name: \_\_\_\_\_ Delivery Date: \_\_\_\_\_

POSTPARTUM HEALING TRACKER	HEALING TRACKER	HEALING TRACKER
<b>Uterine Involution</b>	Afterpains (cramping), uterus shrinking to pre-pregnancy size.	<i>Days 1-7</i>
<b>Lochia (Bleeding)</b>	Bright red (Rubra) transitioning to pink/brown (Serosa), then white (Alba).	<i>Weeks 1-6</i>
<b>Perineal/Incision</b>	Swelling, tenderness, bruising, or itching as stitches dissolve.	<i>Weeks 1-3</i>
<b>Breast/Lactation</b>	Engorgement, nipple sensitivity, milk supply regulation.	<i>Days 3-14</i>
<b>Elimination</b>	Night sweats (diuresis), frequent urination, first bowel movement.	<i>Days 2-7</i>
<b>Emotional State</b>	"Baby Blues" (tearfulness, anxiety, exhaustion).	<i>Days 3-10</i>

## **RED FLAGS (SEEK IMMEDIATE MEDICAL ATTENTION)**

- Fever over 100.4F (38C)
- Heavy bleeding (soaking 1 pad/hour)
- Severe headache or vision changes
- Foul-smelling discharge
- Extreme swelling in legs or face
- Thoughts of harming self or baby
- Chest pain or shortness of breath
- Red, hot, or painful area on breast

This document is a template for informational purposes only. Consult your healthcare provider for medical advice.