

# POSTPARTUM WARNING SIGNS

A guide for recovery after childbirth

## ? SEEK IMMEDIATE MEDICAL HELP (CALL 911)

Pain in chest  
Shortness of breath or trouble breathing  
Seizures  
Thoughts of hurting yourself or your baby

## ⚠️ CONTACT YOUR OB/GYN OR MIDWIFE IMMEDIATELY

Bleeding, soaking through one pad/hour  
Large blood clots (size of an egg or larger)  
Incision that is not healing or draining pus  
Red, swollen, or painful leg (warm to touch)  
Temperature of 100.4F (38C) or higher  
Severe headache or vision changes

## ? MENTAL HEALTH WATCH

Feeling sad, hopeless, or empty for >2 weeks  
Excessive worry or "intrusive" scary thoughts

**Note:** This chart is for educational purposes only. If something feels wrong, always seek medical advice regardless of this list.

Doctor Name: \_\_\_\_\_ Phone: \_\_\_\_\_