Post-Partum Care: Healing After the Birth of Your Baby

Taking care of your own health after the birth of your baby is very important.

It is important to call the University of Washington Medical Center before going there to be sure that you go to the right area and that they have your medical records.

Getting help

If you have any questions or any of the warning signs listed below:

- Call your OB (obstetric) provider
- If you cannot reach your OB, or if your OB is far away and feels you need to see a doctor, your baby’s nurse can help you connect with an OB at the University of Washington Medical Center.

Warning Signs

Call right away if you have:

- Fever of 101°F (38.3°C) or higher
- Vaginal bleeding that fills a large pad with blood every 2 to 3 hours
- Increased swelling of your hands or feet
- Redness, swelling or pain in your lower leg or thigh
- Bad headache even after drinking fluid, taking Tylenol, or resting
- C-section area that is open, red, swollen, draining or painful
- Heartburn-like chest pain, with or without nausea or vomiting

Call within 24 hours if you have:

- Blood clots from your vagina larger than your thumb
- Drainage from your vagina that smells bad
- Trouble going pee, or pain or burning when you pee
- Trouble eating or sleeping, or feeling depressed, sad or anxious
- Breasts with a red area, or engorged and don’t soften for 2 to 3 days
- Nipple pain throughout breast feeding
Medical care nearby

Call the University of Washington Medical Center Maternal Infant Care Clinic at 206-598-4070:

- If you cannot reach your OB
- If your OB is far away but feels you need to see a doctor now
- If you will not be home when you need your 6-week post-partum check-up

To make an appointment

- Monday-Friday, 8am-5pm:
  Call University of Washington Maternal Infant Care Clinic
  206-598-4070

- After hours at night or on weekends:
  Ask your baby’s medical team to help you contact staff at The University of Washington.

- Call the University of Washington Medical Center before going there
  to be sure that you go to the right area and that they have your
  medical records.