

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

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

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## 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.
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## 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 fluids, taking Acetaminophen (Tylenol), or resting. Use Acetaminophen (Tylenol) only if recommended by your healthcare provider.
- 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 swollen and don't soften for 2 to 3 days
- Nipple pain throughout breast feeding

### To Learn More

- Prenatal Diagnosis and Treatment Program  
206-987-5629
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### 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, 8 a.m. – 5 p.m.:  
Call University of Washington Maternal Infant Care Clinic  
206-598-4070
- After hours and on weekends and holidays, call Labor and Delivery at  
206-598-4616

**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.**