



Consorci Sanitari
Alt Penedès-Garraf

And after labour, what happens?



What is puerperium?

Puerperium is the transition stage that lasts about 6 weeks after labour.

This stage includes some changes:

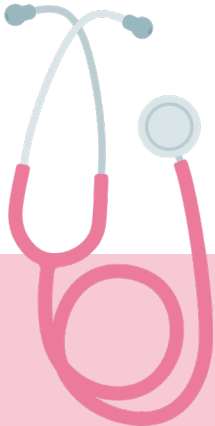
- The uterus contracts back to its position.
- Vaginal bleeding in decreaser and gradual color change
- Establishment of breastfeeding in case the mother wishes.
- Emotional adaptation with ambivalent feelings (happiness-sadness, joy-apathy, peace-anxiety).

Recommendations

- Adopt a **healthy lifestyle**: balanced diet with correct intake of liquids.
- **Daily shower** with careful cleaning of external genitals and the wound, if it exists, with water and soap, drying it softly with a towel.
- It is **not advisable to dive in water** (pool, bathtub, beach) until after the puerperium to avoid the risk of infections.
- The mother must take the opportunity to **rest or sleep when the baby sleeps**.
- It is important the **support of the couple or confident people** to help the mother in the hospital and the days of recovery at home.
- Do not maintain **penetrating sexual relations** until the vaginal flow is transparent and adapt them to your needs.
- If you are breastfeeding and have doubts about if you can take any medication, you can consult www.e-lactancia.org.

When reconsult the hospital?

- If the vaginal bleeding is heavy and/or smells bad.
- Intense abdominal pain that doesn't give in with usual analgesia.
- Fever $\geq 38^{\circ}\text{C}$.
- Urinate frequently with pain.
- Heavy pain in the breasts.
- Deep sadness and a feeling of inability to take care of the baby.



If you want more information you can consult canalsalut.gencat.cat searching the word “postpartum”.



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