

Postpartum Checkup

Taking care of yourself is just as important as taking care of your newborn.

Taking care of your new baby keeps you very busy. You should also make time to take care of yourself. There are many physical and emotional changes that occur in your body after you deliver. It is important to discuss them with your health care provider.

WHEN SHOULD YOU SEE YOUR DOCTOR?

- If you delivered by cesarean section your health care provider will want to see you two weeks after delivery and then again in four weeks. He or she will assure you have completely healed and discuss any concerns you may have.
- If you delivered vaginally, you will need to schedule an appointment with your obstetrician six weeks after delivery.

WHAT WILL YOU TALK ABOUT AT YOUR POSTPARTUM VISIT?

You will discuss many topics with your doctor, including nutrition, exercise, and the physical and emotional changes that occur after delivery. You may also discuss family planning.

TIPS FOR STAYING HEALTHY

While you were pregnant you did many things to stay healthy. You should continue those efforts after delivery, too. Eating a healthy diet and exercising with the guidance of your doctor will help you return to healthy weight.

- Weight loss should be gradual. Most women should consume at least 1,800 calories a day. Breastfeeding moms need an additional 500 calories per day.
- Make sure to get enough calcium. The recommended amount is 1,000 mg a day for adult women or 1,300 mg a day for adolescents. Eat low-fat dairy products and leafy vegetables.
- You should get about 15 mg of iron each day. Spinach, fortified cereals, lean beef, and dried fruit are some foods that are high in iron.
- Exercise is also important to help you stay healthy and lose weight. Exercise should be started gradually. Make sure you have clearance from your doctor to start exercising.

Ask your doctor what nutrition plan and exercise schedule are best for you.

Bringing a baby home is a happy and sometimes emotional time. Some new moms experience emotional changes after delivering. You may feel nervous, tense, sad, or overwhelmed.

It is important to discuss your feelings to your doctor. He or she can explore ways to help you feel better. Getting enough rest, accepting help from family and friends, and taking time for you can also be very helpful.



A plan for life.