

Save Your Life.

KNOW THE SIGNS. GET HELP.

Get Care for These Post-Birth Warning Signs

Most women who give birth recover without problems. But any woman can have complications after giving birth. Learning to recognize these post-birth warning signs and knowing what to do can save your life.

Post-birth complications can happen anytime during the first year after delivery.

CALL 911 NOW if you have:

- ☐ **P**ain in chest
- ☐ **O**bstructed breathing or shortness of breath
- ☐ **S**eizures
- ☐ **T**houghts of hurting yourself or someone else

CALL YOUR HEALTHCARE PROVIDER NOW if you have: (If you can't reach your healthcare provider, call 911 or go to an emergency room.)

- ☐ **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- ☐ **I**ncision that is not healing
- ☐ **R**ed or swollen leg, that is painful or warm to touch
- ☐ **T**emperature of 100.4°F or higher
- ☐ **H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

Trust your instincts.

ALWAYS get medical care if you are not feeling well or have questions or concerns.

Tell 911 or your healthcare provider:

"I gave birth on _____ and
(Date)
I am having _____."
(Specific warning signs)

Tell every healthcare provider that you gave birth within the past year.

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- Pain in chest, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- Seizures may mean you have a condition called eclampsia
- Thoughts or feelings of wanting to hurt yourself or someone else may mean you have postpartum depression
- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- Incision that is not healing, increased redness or any pus from episiotomy or C-section site may mean you have an infection
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot
- Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge may mean you have an infection
- Headache (very painful), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post birth preeclampsia

One warning sign is enough to act.

My Important Numbers (and Information)

My Healthcare Provider/Clinic: _____

Phone Number: _____

Hospital Closest To Me: _____

Rest easy, I've got tonight covered.