

Postpartum Recovery

What's Normal & What Helps

HEALING TAKES TIME. YOU'VE GOT THIS.

Your body has done something amazing. Postpartum recovery looks different for everyone, but there are some common changes in the days and weeks after birth. Here's what you can expect — and some simple ways to support yourself.

*You've
been through
so much.
You're doing
so well.*



Bleeding & Cramping

A NORMAL PART
OF HEALING

- Vaginal bleeding (lochia) can continue for up to about 6 weeks. It usually changes from red to pink, then yellow or white, and becomes lighter over time.
- Uterine cramping (afterpains) is common for several days. It can feel stronger when breastfeeding and may be stronger with each birth.
- Over-the-counter pain relief, a warm heating pad, and rest can help. Contact your provider if pain is severe or not improving.



Perineal Recovery

COMFORT AND CARE
AFTER A VAGINAL BIRTH

- It's common to have swelling, tenderness, or discomfort in the perineal area.
- Cold packs can feel good in the early days.
- Keep the area clean and dry, and change pads often.
- A peri bottle, sitz baths, and comfortable positioning can help.
- Discomfort usually improves gradually over the first few weeks.



C-Section Recovery

HEALING TAKES TIME

- Your incision and abdomen can feel tender for several weeks.
- It's common to feel tired and sore as your body heals from abdominal surgery.
- Increase activity gradually and follow your healthcare provider's instructions.
- Support your incision (such as with a pillow) when moving, coughing, or getting up from lying down.
- Contact your provider if you notice increasing pain, redness, swelling, drainage, or if you have a fever.



Bowels & Bladder

COMMON CHANGES,
SIMPLE SUPPORTS

- Constipation and hemorrhoids are common after birth.
- Drinking fluids, eating fiber-rich foods, and gentle movement can help.
- Your healthcare provider may recommend a stool softener.
- It's also common to notice changes with your bladder, such as temporary leaking. These usually improve over time. Pelvic floor support can be helpful if needed.



Breasts & Body Changes

YOUR BODY IS ADJUSTING

- Your breasts may become full, tender, or engorged in the first few days, whether you are breastfeeding, formula feeding, or a bit of both.
- This is a normal response to hormonal changes.
- Comfort measures (such as a supportive bra, cool packs, or hand expression) may help.
- Feeding support is available if you need it.



Rest & Gentle Movement

CARE FOR TODAY
AND TOMORROW

- Feeling tired is expected. Rest when you can and accept help from family, friends, or a postpartum doula.
- Gentle walking is a great way to support healing and well-being.
- Increase activity gradually, listening to your body.
- For specific activity restrictions (such as lifting, exercise, or returning to certain activities), follow your healthcare provider's guidance.



Recovery is gradual.

YOUR BIRTH AND YOUR RECOVERY ARE INDIVIDUAL.

For symptoms that are heavy, sudden, worsening, or concerning, use your **Post-Birth Warning Signs** sheet and contact your healthcare provider.

Rest easy. I've got tonight covered.