

The First Two Weeks

When to Call a Healthcare Provider



CALL YOUR HEALTHCARE PROVIDER IF YOU:

- Are passing vaginal blood clots larger than a ping-pong ball
- Saturate more than one pad in an hour
- Have vaginal discharge with a foul-smelling odor
- Feel dizzy or lightheaded
- Experience worsening abdominal pain
- Have a fever above 100.3 °F (37.7 °C)
- Have severe constipation
- Experience pain, burning, or increased frequency when urinating
- Have worsening pain, redness, or increasing drainage around your perineum (the skin between your vagina and anus)
- Have increased swelling, redness, drainage, or separation around stitches (episiotomy or cesarean)
- Have areas on the leg or arm that are tender or red (blood clot)
- Find yourself constantly crying or worrying excessively
- Have thoughts of hurting yourself or your baby
- Have problems eating or sleeping
- Are unable to care for yourself or your baby
- Experience any extreme behavior changes
- Feel severe breast pain or have red, tender areas on either breast (mastitis)
- Experience any flu-like symptoms

CALL YOUR BABY'S HEALTHCARE PROVIDER IF YOUR BABY:

- Has difficulty latching on when trying to breastfeed
- Goes longer than four hours between feedings
- Needs to be woken up often in order to feed
- Appears hungry even after feeding
- Shows signs of infection around umbilical cord (crying when you touch the cord; the cord bleeds more than a little; there is pus or drainage around cord; the skin around cord looks red or irritated)
- Shows signs of infection around circumcision (bright red bleeding from the circumcision site; he doesn't urinate within 24 hours; there is unusual redness or swelling around the area; there is a thick yellow or green discharge with a foul odor)
- Has watery, foul-smelling stools, or blood and mucus in diaper (diarrhea)
- Has hard stools that look like pebbles (constipation)
- Has fewer than 6 wet diapers and 3 dirty diapers per day by day five
- Has dark-yellow urine
- Has a reddish stain in the diaper
- Has a dry mouth and lips
- Appears to have a lack of energy
- Has a rectal temperature higher than 100.4 °F (38 °C)
- Cries constantly or with distress
- Vomits
- Chokes routinely during feedings
- Refuses to eat
- Is unusually sleepy or is hard to wake up
- Coughs frequently or has difficulty breathing
- Has yellow, pale, blue, or gray skin
- Is just not being himself