



What happens after you give birth?

Involution

- This is when your uterus starts to get smaller and continues to shrink for about six weeks until it reaches its original size
- During involution, you might feel mild to moderate contractions called “afterpains”

Vaginal bleeding

- This is called lochia, and it occurs when the uterus sheds tissue and blood after birth
- Bleeding is heaviest after birth and then slows down
- Wear pads instead of tampons to reduce your risk of infection

Soreness

You will have some soreness in your perineum (the area between your vagina and anus) and your pelvic floor.

Ease soreness by:

- Using ice packs in the first 24 hours
- Running warm water over the area while you shower
- Taking a warm bath or using a plastic sitz tub
- Using witch hazel pads or a numbing spray

How can I take care of myself at home?

- Eat healthy foods and drink plenty of water
- Exercise when you feel up to it
- Get out with your baby for fresh air
- Schedule some time for yourself
- Sleep when your baby sleeps
- Ask for help

Involution: The Shrinking of the Uterus



Immediately after birth



At 3 weeks



At 6 weeks

Call Your Healthcare Provider

Postpartum Warning Signs

- A fever of 100.4°F (38°C) or higher
- Foul-smelling vaginal discharge
- Increased uterine pain
- Heavy bleeding
- Pain or burning with urination
- Lump, hard area, redness, or pain in your breast
- Red, tender, or painful area on your leg
- Other concerns about your health