

Warning Signs

Contact your doctor if you are experiencing any of the health complications listed below:

Heavy Bleeding

- Saturating a pad in one hour or less
- Passing clots the size of golf balls

Infection

- Fever and chills
- Foul smelling vaginal discharge
- Changes in urination (pain, burning)

Mastitis

- Breast tenderness and warmth
- Breast tissue thickening or lumps
- Pain or burning in breast(s)
- Redness/red wedge shape to breast(s)

Blood Clots

- Pain, warmth, and redness on the calf
- Sudden difficulty breathing (call 911)

Postpartum Depression

- Feelings of despair
- Unable to find joy
- Changes in eating or sleeping patterns
- Debilitating sadness
- Withdrawing from others