



**Healthy
Start**

Broward Healthy
Start Coalition

If you know someone who is
pregnant or has recently
given birth

HAVE YOU ASKED HOW'S MOM?

DOCTOR VISIT AFTER BABY



A postpartum doctor visit usually happens about two weeks after a baby is born.

WHY MOM NEEDS A DOCTOR VISIT AFTER BABY

GETTING BETTER PHYSICALLY

After having a baby, moms need to go to the doctor for check-ups to make sure she is healing well from the birth.

Doctors check for pain or high blood pressure, support breastfeeding, and talk about birth control. These visits keep moms healthy and safe.

FEELING HAPPY AND HEALTHY

During this appointment, the doctor or nurse checks for signs of sadness or stress and offer support to keep mom and baby mentally healthy.

TAKING CARE OF WHAT'S HAPPENING

After a baby is born, moms need to go to check-up visits with the doctor. These visits are important because they help take care of moms who might have health issues like diabetes or high blood pressure. Going to these appointments can prevent problems, help moms feel better, and make sure they heal safely.



REMEMBER

If mom misses her postpartum doctor's visit, call the health center to make a new one.

IF MOM MISSES THE DOCTOR VISIT...

- More chance of getting sick: Germs can get inside the body and cause problems like blood clots, swelling, or pus.
- Heavy bleeding that isn't checked: This could mean there's an infection or the body isn't getting better after having a baby or surgery.
- C-section cuts can get infected: If the stitches or glue after surgery aren't looked after, they can get infected and cause more problems.
- Hidden health problems after having a baby: Some issues, like high blood pressure, can still be there after giving birth and need a doctor to help.
- More risk of big problems: If serious needs like high blood pressure aren't checked, big problems like heart attacks or strokes can happen.

ATTENTION

SUPPORT PARTNER

Help mom go to her doctor visit after having a baby!

WHAT TO TALK TO THE DOCTOR ABOUT DURING THE POSTPARTUM VISIT

- Tell a doctor if a mom has headaches that just won't go away, swelling, a lot of bleeding, blurry sight, or trouble breathing. These might be signs of serious problems.
- If mom had health issues while pregnant, like diabetes, high blood pressure, or preeclampsia, she might have more problems later. A doctor can help explain what to look out for.
- Talk about common problems mom might have, like having a hard time sleeping, not feeling like eating, feeling sad, leaking a little pee, or having mood swings. These things can really affect how a mom feels and how healthy she is.



Talking openly and honestly with the doctor during check-ups after having a baby is very important to keep both mom and baby healthy.



Find community initiatives at:



www.browardhsc.org



@browardhsc



@browardhsc



@broward_hsc



@browardhealthystartcoalition



(954) 567-7174

Optimizing postpartum care. ACOG. (n.d.-a). <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/05/optimizing-postpartum-care>
Mayo Foundation for Medical Education and Research. (n.d.). Preeclampsia. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/preeclampsia/symptoms-causes/syc-20355745>
Wheeler, R., Earnshaw, V. A., Kershaw, T., & Ickovics, J. R. (2012, July). Postpartum sexually transmitted disease: Refining our understanding of the population at risk. Sexually transmitted diseases. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3942157/>
Person. (2024, January 23). 10 reasons you shouldn't skip your postpartum visit. Nebraska Medicine Omaha, NE. <https://www.nebraskamed.com/health/conditions-and-services/postpartum-depression-and-anxiety/10-reasons-you-shouldnt-skip-your#:~:text=You%20may%20need%20continued%20monitoring,blood%20pressure%20is%20properly%20managed.%E2%80%99>
Lancastergeneralhealth.org. (n.d.). <https://www.lancastergeneralhealth.org/health-hub-home/motherhood/fourth-trimester/what-to-expect-from-your-first-postpartum-checkup>

FAMILY PLANNING POSTPARTUM

- Doctors can help mom choose birth control that fits family plans, such as:
 - Intrauterine devices (IUDs)
 - Implants
 - Birth control pills
 - Condoms
 - Natural family planning methods
- Doctors can help decide how much time to wait between having babies. Waiting at least 24 months between pregnancies can help lower the chances of complications.
- The doctor visit is also a good time to talk about sexually transmitted infections if mom plans to start having sex again, get advice on safe sex, and learn how to protect reproductive health.

