

BENEFITS OF THE POSTPARTUM VISIT



WHAT IS THE POSTPARTUM VISIT?

This is a recommended visit that takes place 21 to 56 days after delivery and its main purpose is to verify the state of the mother's health.

WHY IS THE POSTPARTUM VISIT IMPORTANT?

It's important because during the postpartum period (that extends from the birth of the baby to six weeks after delivery), the woman may experience some physical and emotional complications that can affect her well-being. The doctor will examine her to make sure the body has healed and recovered after delivery.

WHAT WILL THE DOCTOR EXAMINE DURING THE POSTPARTUM VISIT?

- Blood pressure
- Body weight
- The uterus, to see if it has regained the shape, size and location it had before pregnancy.
- Healing from the episiotomy, a C-section, or any tear you may have had during delivery.
- The breasts to make sure they do not present any problems such as redness or pain.
- Hemorrhoids or varicose veins.

WHAT OTHER BENEFITS DOES THE POSTPARTUM VISIT HAVE?

Receive guidance on a variety of topics, such as:

- **Family planning:** How contraceptive methods work and the aspects to consider selecting the most appropriate method.

- **Nutrition and breastfeeding:** A balanced diet is recommended by consuming all food groups in moderate amounts, in addition to ingesting plenty of fluids. In the breast milk the baby receives the necessary nutrients. It is important to learn the different positions in which the baby can be breastfed. In the case of not being able to breastfeed, the baby should be fed only formula milk until six months of age, when solid foods begin to be introduced.
- **Breast care:** A few days after the baby is born, the breasts will fill with milk so they may be tender and heavy. During the postpartum visit, the doctor will guide you on some recommendations to follow to avoid discomfort in the breasts and control irritation, as well as the importance of good hygiene to prevent infections.
- **Sexuality:** Know when you will be ready to have sex with your partner again.
- **Postpartum depression:** It is important to talk with your doctor if you are experiencing feelings of sadness, melancholy, or worry. Your doctor can perform the Edinburgh test, which helps determine your postpartum depression and, if necessary, or refer you to a mental health professional.
- **Smoking cessation:** Your doctor can guide you on existing smoking cessation programs.
- **Physical activity:** There are many exercises or activities which can help you recover faster from the birthing process, strengthening the body and returning to the right weight. It is important to consult with your doctor when you will be ready to start physical activity.

EVERY WOMAN MUST BE HEALTHY TO GIVE HER BABY THE CARE SHE/HE NEEDS, SO IT IS IMPORTANT TO MAKE YOUR POSTPARTUM VISIT BETWEEN 21 TO 56 DAYS.



For more information, please call the Clinical Management Unit at 787-706-2552 or commercialclinicalmanagement@ssspr.com



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