

POSTPARTUM COMPLICATIONS



MOTHER! Once you have given birth, your body will move on to the stage known as the postpartum period. This period starts from one hour after you have expelled the placenta to 6 weeks after you have had your baby.

During this period, you may experience some physical and emotional conditions, which can affect your well-being. Some postpartum complications include:

UTERINE ATONY

Uterine weakness usually occurs after childbirth and the uterus contracts. If the uterus does not return to its place, it can result in continuous bleeding. Normally the uterus contracts after childbirth, if it does not happen, it can result in continuous bleeding. It is considered the leading cause of postpartum hemorrhage.

Some risk factors are: long hours of labor, having had several deliveries, excessive use of painkillers or anesthesia, stimulation with Pitocin during childbirth and trauma due to obstetric procedures. The most common symptoms of this condition are: bleeding that is excessive or bright red, abnormal clots, abnormal pelvic discomfort, and back pain.

RETENTION OF PLACENTAL TISSUES

This occurs when the placenta is not expelled as a whole, keeping part of its tissues inside the uterus. The characteristic symptoms are: flow with a bad smell, fever and a dark red bleeding.

INVERSION OF THE UTERUS

It is a rare complication that occurs immediately after the placenta leaves the body and consists of the uterus being turned into its cavity. It usually occurs when continuous and excessive pressure is applied to the inside of the uterus, by improperly pulling the umbilical cord or because the placenta attached to the uterus does not detach properly. The symptoms associated with this condition are: heavy bleeding accompanied by severe pain and sometimes shock.

LATE POSTPARTUM HEMORRHAGE

Postpartum hemorrhage can occur during the first 24 hours and is considered early. When bleeding occurs within six weeks of delivery, it is known as late bleeding. It is considered one of the leading causes of maternal death. The most common causes are: retention of placental tissues, inability of the uterus to contract, tearing of tissue and blood vessels during childbirth, and clotting problems.



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

PUERPERAL INFECTIONS

Infections in the genital tract, usually of the inner wall of the uterus (endometrium) and vagina. The most common cause of these infections are bacteria that normally live in the vagina and cervix. The characteristic symptom of this type of infection is a high fever of 38°C or more for two successive days after the first 24 hours postpartum. In addition to fever, the woman may experience tenderness of the uterus, bad-smelling vaginal discharge, paleness, headache, chills, tachycardia, pelvic pain and general discomfort.



MASTITIS

Is a breast infection caused by bacteria, which occurs mostly in women who breastfeed their babies. The bacteria can enter the breast duct through the open skin or an opening in the nipple. The woman may feel soreness in the area, which looks red and feels warm when touched. Also, she may feel fever and headache.

POSTPARTUM DEPRESSION

Is a medical condition that develops after childbirth. The exact cause is unknown, but stress caused by physical, hormonal and emotional changes is thought to be related to postpartum depression. Some symptoms may include: sadness, fatigue, lack of concentration, feelings of worthlessness or guilt, distress, panic, trouble sleeping, and thoughts of suicide. The postpartum period is a time of several changes in a woman's life and the doctor can help you get through this stage in the most bearable way possible.

It is very important that you make your postpartum visit between 21 to 56 days, since during this time the complications that may arise related to delivery are more frequent. This is also an opportunity for your doctor to do a physical exam to make sure everything is fine, give you guidance on postpartum care, breastfeeding, family planning, sexuality, and refer you to behavioral counseling if you have signs and symptoms of postpartum depression.

REMEMBER THE HEALTHIER YOU FEEL, THE BETTER YOU CAN TAKE CARE OF YOUR BABY!

Reference:
Medline Plus. "Infección Mamaria (Mastitis)"
<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001490.htm>

