

Call YOUR Healthcare Provider if You:

- Have vaginal bleeding that saturates 1 pad or more in 1 hour
- Have vaginal discharge with a foul-smelling odor
- Pass clots of lochia that are larger than a ping-pong ball
- Pass frequent blood clots
- Have sudden heavy bleeding
- Become dizzy as your bleeding increases
- Have severe abdominal pain or cramping
- Have pain or burning with urination that's accompanied by a fever
- Have red, tender area on your leg or arm which would be a blood clot
- Have worsening pain in the perineum (skin between vagina and anus)
- Have increased drainage from the episiotomy site
- Are constipated longer than a few days
- See signs of infection around your cesarean incision such as bleeding, fluid or discharge, separation around the edges or increased swelling, redness or tenderness
- Have a sudden pain or pain that gradually gets stronger around your cesarean incision
- Have a fever above 100 F
- Constantly cry and worry
- No longer find pleasure in the things you used to enjoy
- Have problems eating or sleeping
- Are unable to care for yourself or your baby
- Have thoughts of harming yourself or your baby
- Have thoughts of suicide

Call 911 if you...

- Hallucinate
- Fear you will harm yourself or your baby

Call Your BABY'S Healthcare Provider if Your Baby:

- Constantly cries or cries in a way that indicates he/she is distressed
- Vomits (not the same as spit-up)
- Chokes routinely during feedings
- Refuses to eat or is not feeding well
- Is listless (doesn't have much energy)
- Is suddenly or unusually sleepy or is hard to wake up
- Has an underarm temperature over 99.4 F
- Frequently coughs
- Is jaundiced (yellow eyes and/or skin)
- Has very pale, bluish or grayish skin color
- Has difficulty breathing
- Shows signs of infection of the umbilical cord stump such as redness, swelling at the base, pus, drainage or a foul smell
- Has bright red bleeding, thick yellow or green discharge or a foul odor from circumcision
- Has unusual redness or swelling of the circumcised penis
- Is not urinating within 12 hours of the circumcision
- Has fewer than 3 stools a day by Day 3 if breastfeeding or fewer than 1 stool a day if formula feeding
- Has a sudden change in bowel movement patterns after the first week
- Has stools that look like pebbles (constipation), are watery (diarrhea) or contain blood or mucus
- Has fewer than 6 wet diapers a day by Day 5
- Has reddish stain in more than one diaper after 72 hours
- Has a dry mouth and dry lips or dark yellow urine

Call 911 if your baby...

- Has serious difficulty breathing
- Is turning blue around the mouth or taking more than 60 breaths per minute