Warning Signs After Birth

For Yourself

*Call right away if you…*

- Have a temperature of 101°F (38.3°C) or higher.
- Are soaking a full-size pad or maxi-pad with blood from your vagina every hour for 2 to 3 hours.
- Have redness, swelling, or pain in your lower leg or thigh.
- Have increased swelling in your feet and hands.
- Have a headache that won’t go away with usual comfort measures such as drinking water, resting or taking Tylenol (acetaminophen).
- Had a Cesarean birth and your incision opens a little or leaks fluid or blood, or the area becomes more red, swollen, tender, or painful.
- Have heartburn-like pain, with or without nausea and vomiting.
- Have a concern you feel cannot wait until your next clinic visit (when in doubt, be sure to call).

*Call your clinic within 24 hours if you…*

- Are passing clots from your vagina that are larger than your thumb.
- Have a discharge from your vagina that smells bad.
- Have a hard time urinating, or have pain or burning when urinating.

We wish you and your new baby good health in the coming weeks and months.

Call your doctor, midwife, nurse, or clinic if you have any of the warning signs listed here.

Phone numbers are listed at the beginning of this booklet on pages iii and iv. If you have an urgent concern, call 9-1-1.
• Have pain in your incision that keeps getting worse.
• Have a hard time eating or sleeping, or feel depressed, sad or anxious.
• Have a concern you feel cannot wait until your next clinic visit. If you have the book *Pregnancy, Childbirth and the Newborn*, see page 362.

**Call Lactation Services if you…**

• Have breast engorgement or redness that does not soften within 2 to 3 days.
• Have sore nipples that hurt throughout your baby’s feeding.
• Have any questions or concerns about breastfeeding.

**For Your Baby**

**Call right away if your baby has…**

• An underarm temperature of 100.4°F (38°C) or higher.
• Not urinated within 24 hours after his circumcision.
• Not had enough wet or dirty diapers.
  - Expect at least 1 wet diaper on day 1; 2 on day 2; and 3 on day 3.
  - After the first week, at least 6 to 8 wet diapers in 24 hours is normal.
  - You should see at least 1 dirty diaper each day in the first few days of life.
  - By day 4 or 5, your baby should be having 4 or more yellow bowel movements each day.
• A hard time waking up for feedings or seems too tired to eat, is not interested in eating, is hardly ever alert, and is floppy (weak muscle tone).
• A belly button that is red or hot.
• Shortness of breath, a hard time breathing, or is breathing fast for several minutes.
• A problem you feel cannot wait until your clinic reopens, if the problem happens during the night.
Perinatal Education

Questions?

Your questions are important. If you have questions about yourself, call your obstetric provider during office hours. When your provider’s office is closed, call Labor and Delivery at 206-598-4616.

If you have questions or concerns about your baby, call your baby’s pediatric provider. Most offices are set up to respond to urgent concerns 24 hours a day.

Lactation Services:
206-598-4628

Labor and Delivery:
206-598-4616

If you have an urgent concern, call 9-1-1.

Call your baby’s clinic within 24 hours if your baby…

- Doesn’t seem satisfied after feedings or is not breastfeeding at least 8 times per day or bottle-feeding at least 6 times per day.
- Has not had a bowel movement in the past 24 hours, or has stools that have mucous, blood, or a foul odor.
- Is up to 3 days old and has not had at least 1 wet diaper times the number of days old in a day.
- Is 4 days old or older and has fewer than 6 wet diapers a day.
- Has skin or eyes that are turning more and more yellow.
- Coughs a lot, or often chokes during feedings.
- Vomits green liquid, vomits more than 2 times in a day, or has vomiting with diarrhea (vomiting is when the stomach contents “shoot out”).
- Has a problem you feel cannot wait until his next clinic visit. See Pregnancy, Childbirth and the Newborn, pages 417 to 418 and pages 444 to 447.