


# POSTNATAL CARE

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Postnatal care (or postpartum care), is the care given to mother and child during the first 6 weeks after childbirth

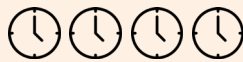


## WOUND HEALING AND RECOVERY TIME



### NATURAL BIRTH

Healing and recovery will take most likely up to 6 weeks



### C-SECTION

A C-section will require up to 12 weeks of complete healing



- ❖ Usually it takes **2-6 weeks** to clear from Lochia
- ❖ If the amount of lochia increases and with foul smelling, or there is fever and lower abdominal pain, then **consult your doctor**



## WHAT TO EXPECT AFTER A VAGINAL BIRTH

### VAGINAL SORENESS



Vagina will be Sore or you may feel burning sensation or pain during urination

### VAGINAL DISCHARGE



After delivery body starts removing excess blood and tissues from the uterus called Lochia

### CONTRACTIONS



Might feel occasional contractions sometimes called "After Pains" during the first few days after vaginal delivery

### INCONTINENCE



Delivery can stretch the pelvic floor muscles, this might cause a leakage of few drops of urine while sneezing or coughing

### TENDER BREASTS



A few days after birth might experience full, firm, tender breasts

### MOOD CHANGES



Many new moms experience a period of feeling down and anxious called baby blues

### WEIGHT LOSS



After giving birth it might look like you are still pregnant. This is normal

### HAIR LOSS AND SKIN CHANGES



After delivery you will experience hair loss and stretch marks which would eventually disappear