

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women and postpartum people who give birth recover without problems. **But anyone can have a complication for up to one year after birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

Trust your instincts.
ALWAYS get medical care if you are not feeling well or have questions or concerns.

Call 911
if you have:

- ☐ **P**ain in chest
- ☐ **O**bstructed breathing or shortness of breath
- ☐ **S**eizures
- ☐ **T**houghts of hurting yourself or someone else

**Call your
healthcare
provider**
if you have:
(you only need one sign)

(If you can't reach your
healthcare provider, call 911
or go to an emergency room)

- ☐ **B**leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- ☐ **I**ncision that is not healing
- ☐ **R**ed or swollen leg, that is painful or warm to touch
- ☐ **T**emperature of 100.4°F or higher or 96.8°F or lower
- ☐ **H**eadache that does not get better, even after taking medicine, or bad headache with vision changes

**Tell 911
or your
healthcare
provider:**

"I gave birth on _____ and
(Date)
I am having _____."
(Specific warning signs)



Scan here to download
this handout in
multiple languages.

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy, vaginal tear, or C-section site may mean an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher or 96.8°F or lower**, bad smelling vaginal blood or discharge may mean you have an infection.
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

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SMART SNACK GUIDE

Fiber-Rich Carbohydrate:

- Apples/Mandarin Cuties/Grapes/Berries
- Unsweetened applesauce
- Baby Carrots/Celery/Grape Tomatoes/Sweet Peppers/Cucumbers
- Triscuit crackers
- Popcorn
- Sunchips
- Beanitos or Beanfield chips
- Rhythm Superfoods Beet or Carrot chips
- Bare Snacks fruit chips

Remember to use the formula of fiber-rich carbohydrate + protein/healthy fat to create a balanced healthy snack!

Protein/Fat:

- Yogurt: Oikos Triple Zero Greek Yogurt, Chobani Zero Sugar, Chobani Complete, Two Good, Fage
- Cheese: String Cheese, Belgioioso Snacking Cheese, Laughing Cow and Babybel Cheese
- Sargento Balanced Breaks, Sargento Balanced Break, P3 Portable Protein Pack, Kirkland Cheese Fruit & Nut Pack
- Rx Bars, KIND Bars - look for <5 grams added sugar varieties
- Seapoint Farms Edamame
- Wholly Guacamole Minis / Yucatan Mild Guacamole
- Sunbutter or nut butter/ Jif singles for on-the-go
- Hummus singles
- Bada Bean Bada Boom
- Roasted nuts, including flavor roasted such as cocoa or smokehouse (peanuts, cashews, almonds, etc.)

connect + 
DISCOVER

  
www.OchsnerEatFit.com

Eat Fit  APP 

EXAMPLES

COMBOS



banana



1-2 tbsp nut butter



bell peppers



hummus



grapes



string cheese



bean chips



guacamole



berries



1/4 cup almonds

Eat Fit STAND-ALONE SNACKS



Greek-style yogurt



Rx Kids Bar



Dry roasted edamame



Popcorn



Sargento Balanced Breaks

Eat Fit items meet nutritional criteria designated by Ochsner Health. They are lower in sodium, low in saturated fat, contain no white/refined carbohydrates, + contain less than 5 grams added sugar, while emphasizing protein, fiber, and heart-healthy fats. Download the Eat Fit app for full nutrition facts, recipes, events, and to find an Ochsner Health provider near you.





POSTPARTUM SUPPORT
INTERNATIONAL



Perinatal Mental Health Disorders

Perinatal: Anytime during pregnancy and postpartum

Depression
(PPD)

Anxiety
(PPA)

Panic
Disorder

Obsessive
Compulsive
Disorder
(OCD)

Postpartum
PTSD

Bipolar
Disorders

Perinatal
Psychosis



Symptoms

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with the baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbances of sleep and appetite
- Crying and sadness, constant worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself



Risk Factors

- History of depression, anxiety, or OCD
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage or infant loss
- Premenstrual Syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of lactation
- History of abuse
- Unwanted or unplanned pregnancy



Treatment Options

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques

Postpartum Support International | [Postpartum.net](https://www.postpartum.net)

Call the **PSI HelpLine** at **1-800-944-4773** (English and Español) or
Text/Texto "Help" to 800-944-4773 (English) or 971-203-7773 (Español).

Download **Connect by PSI** in your app store for Mental Health support and resources.



Free Online Support Groups

800-944-4773 | postpartum.net



Mood & Mental Health Support for Moms/Birthing People

- Bipolar Support for Perinatal Moms & Birthing People
- Birth Trauma Support
- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Mood Support for Moms
- Military Moms
- Perinatal Mood Support for Returning Members Only
- Perinatal OCD Support for Moms
- Pregnancy & Postpartum Psychosis Support for Survivors (Moms & Birthing People)
- Pregnancy Mood Support Group
- Birth Moms Support Group
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Mindfulness for Pregnant & Postpartum Parents

Post - Abortion Support

- Post-Abortion Support

Parenting

- Adoptive & Foster Parent Support for the Early Years
- NICU Parents
- Pregnant & Postpartum Parents of Multiples
- Queer & Trans Parents Support Group
- Single Perinatal Parent Support
- Support of Parents of One to Four-Year-Old Children
- Support for Parents of High Needs Babies
- Dads Group
- Perinatal ADHD Support Group
- Support for Families Touched by Postpartum Psychosis

Spanish Groups

- Grupo de apoyo gratuito papas
- Grupo de Apoyo para el Embarazo
- Grupo de Apoyo para el Posparto
- Grupo de Apoyou para Padres con Ninos con Necesidades Especiales
- Grupo de Apoyo "Peridida y Duelo"
- Grupo de Apoyo Perinatal
- Grupo de Apoyo "Retos de la Crianza"
- Grupo de Apoyo "Retos de la Fertilidad"
- Grupo para Madres Independientes

BIPOC Groups

- Birth Trauma Support for BIPOC Birthing People
- Black Moms Connect
- Perinatal Support for Latinx Moms & Birthing People
- Perinatal Support for South Asian Moms
- Black Moms in Loss

Loss & Grief Support

- Black Moms in Loss
- Early Pregnancy Loss Support for Moms
- Fertility Challenges
- Parenting After Loss
- Pregnancy After Loss Support
- Pregnancy After Stillbirth & Early Infant Loss
- Pregnancy & Infant Loss Support for Moms
- Pregnancy & Infant Loss Support for Parents
- Stillbirth & Infant Loss Support for Parents
- Termination for Medical Reasons
- Pregnancy and Parenting After Termination for Medical Reasons



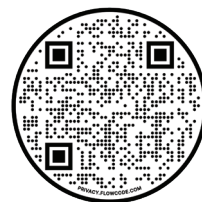
Quality Care for Your Family

Seeing all ages, 6 months and older

Keep your family at their best with Ochsner Urgent Care's expert sports physicals and care for the whole family, including pediatric services. From field-ready evaluations to nurturing kids' health, we are here for you. Scan the QR code below to find a location near you and prioritize your loved ones!

Services provided but not limited to:

- Cough
- Cold and sore throat
- Sprains and broken bones needing X-ray
- Earaches
- Fever or flu-like symptoms
- Rashes or other skin irritations
- Mild to moderate stomachaches
- School and sports physicals



Scan QR code to
view clinic locations.



Choose **Ochsner Urgent Care** for immediate, quality care that gets you back on your feet faster. Seeing adult and pediatric patients 6 months and up.

Consider your needs and symptoms:

- Sprains, broken bones & fractures needing x-ray
- Lacerations
- Abscesses
- Coughs, colds and sore throats
- Urinary pain
- Earaches
- Minor burns, rashes, sunburns and heat ailments
- Non-life-threatening allergic reactions
- Fevers or flu-like symptoms
- Mild to moderate stomach aches
- Rashes or other skin irritations
- Select immunizations
- Worker's comp injuries

Ochsner Urgent Care New Orleans Region Locations:

Ochsner Urgent Care Metairie

2215 Veterans Blvd. | Metairie, LA 70002

Ochsner Urgent Care Uptown

4605 Magazine Street | New Orleans, LA 70115

Ochsner Urgent Care River Ridge

9605 Jefferson Highway, Suite G
River Ridge, LA 70123

Ochsner Urgent Care Mid-City

4100 Canal Street
New Orleans, LA 70119

Ochsner Urgent Care Warehouse

900 Magazine Street
New Orleans, LA 70130

Ochsner Urgent Care Lakeview

111C Allen Toussaint Blvd.
New Orleans, LA 70124

Ochsner Urgent Care Westbank

1849 Barataria Blvd., Suite B
Marrero, LA 70072

Ochsner Connected Anywhere:

Ochsner Connected Anywhere virtual visits offer immediate access to a healthcare professional from your smartphone, tablet or computer. For more information, visit ochsner.org/anywhere.

More choices for the care you need now.

With numerous convenient locations across the region, Ochsner Urgent Care & Occupational Health is always there to keep you feeling your best. For location hours, scan the code to visit ochsner.org/uc.



Because Life Is Not Always Picture Perfect



These are a few of the topics you might want to talk to someone about:

- Homework/school challenges
- Behavior issues
- Food needs
- Child development
- Homelessness
- Financial hardships
- Relationship concerns
- Crisis intervention
- Family illnesses
- And more

If you are a parent in need of emotional support, Louisiana Parent Line can help. This free service offers a safe place to speak with specialists who can offer emotional support, de-escalation, crisis intervention, information & referral, and plans for coping.

Call or text today and get the support you need.

 **call 833-LA-CHILD**
(833-522-4453)

 **text 225-424-1533**

- **Free**
- **Confidential**
- **Available 24/7**

Translation Services Available

