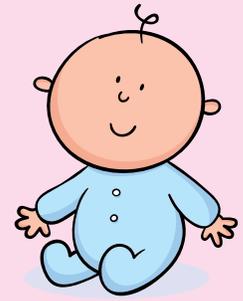


# The First Two Weeks



## Symptoms and Things to Watch for at Home

### CALL YOUR HEALTH CARE PROVIDER IF YOU:

Are passing vaginal blood clots larger than a ping-pong ball

Saturate more than one pad in an hour

Have vaginal discharge with a foul-smelling odor

Feel dizzy or lightheaded

Experience worsening abdominal pain

Have a fever above 100.3 F (37.7 C)

Have severe constipation

Experience pain, burning, or increased frequency when urinating

Have worsening pain, redness, or increasing drainage around your perineum (the skin between your vagina and anus)

Have increased swelling, redness, drainage, or separation around stitches (episiotomy or cesarean)

Have areas on the leg or arm that are tender or red (blood clot)

Find yourself constantly crying or worrying excessively

Have thoughts of hurting yourself or your baby

Have problems eating or sleeping

Are unable to care for yourself or your baby

Experience any extreme behavior changes

Feel severe breast pain or have red, tender areas on either breast (mastitis)

Experience any flu-like symptoms

Severe headache

### CALL YOUR BABY'S HEALTH CARE PROVIDER IF YOUR BABY:

Has difficulty latching on when trying to breastfeed

Goes longer than four hours between feedings

Needs to be woken up often in order to feed

Appears hungry even after feeding

Shows signs of infection around umbilical cord (crying when you touch the cord; the cord bleeds more than a little; there is pus or drainage around the cord; the skin around the cord looks red or irritated; or foul smelling odor)

Shows signs of infection around circumcision (bright red bleeding from the circumcision site; he doesn't urinate within 24 hours; there is unusual redness or swelling around the area; there is a thick yellow or green discharge with a foul odor)

Has watery, foul-smelling stools, or blood and mucous in diaper (diarrhea)

Has hard stools that look like pebbles (constipation)

Has fewer than 6 wet diapers and 3 dirty diapers per day by day five

Has dark-yellow urine

Has reddish stain in the diaper

Has a dry mouth and lips

Appears to have a lack of energy

Has a rectal temperature higher than 100.4 F (37.8 C)

Cries constantly or with distress

Vomits

Chokes routinely during feedings

Refuses to eat

Is unusually sleepy or is hard to wake up

Coughs frequently or has difficulty breathing

Has yellow, pale, blue, or gray skin

Is just not being himself