

# Taking Care of Your Body After Having a Baby



## Healing

### **Vaginal Delivery:**

- Pain in the perineum (the diamond shape area of skin & muscle between the vagina & the anus) due to episiotomy tears, stitches, or stretching is very common.
- Tears & stitches can be uncomfortable during the first 2 to 3 weeks

### **Cesarean Section**

- Some women require no medication within a few days while others may require 2 to 3 months to feel 'normal'
- If you experience infection and poor wound healing, contact, your provider.

## Symptoms to Discuss with a Provider

- Breastfeeding or pain or swelling in your breasts
- Vaginal bleeding
- Perineal or incisional pain
- Swollen, red, or painful legs
- Headaches with or /without vision changes
- Not being able to hold your urine (pee)