



2000 Medical Parkway, Ste. 304
Annapolis, MD 21401

POST PARTUM REFERENCE SHEET

Please call us at 410-573-9530 if you develop any of the following symptoms:

1. Excessive/heavy bleeding – saturating 1 or more pads in an hour, or passing multiple large blood clots (size of a half dollar or larger). It is normal to have moderate bleeding in the weeks following delivery.
2. Increased abdominal pain not relieved by over-the-counter, or prescribed pain medication.
3. Temperature of 100.4 degrees F. or greater, not relieved by medication
4. C-Section incision concerns:
 - a. Open incision
 - b. Increased redness/irritation at incision site
 - c. Swelling/pain at incision site
 - d. Yellow/green drainage at incision site
 - e. Foul odor at incision site
5. Urinary tract infection symptoms:
 - a. Burning and frequency of urination
 - b. Low-mid back pain
 - c. Fever
 - d. Urgency to urinate
 - e. Scant amount of urine coming out (not being able to fully empty bladder)
 - f. Sharp lower pelvic pains
6. DVT – (Deep Vein Thrombosis) symptoms, which can include pain, tenderness, redness or increased swelling of the extremities, particularly if one side is worse than the other
7. Breast/nipple concerns – redness/streaking, increased tenderness, sharp shooting pains, swelling, bleeding, especially if accompanied with fever, chills, nausea or vomiting
8. Fainting or increased light headedness/dizziness
9. Headache that is not relieved with medication, seeing black spots in vision, right upper abdominal pain, and/or increased swelling (symptoms of elevated blood pressure)

Pediatric Concerns:

Call your pediatrician if the baby develops any of the following symptoms:

1. A fever of 100.4 or more
2. Severe vomiting or refusal to eat several times in a row
3. Crying constantly for no apparent reason
4. Listlessness, appearing limp, or not awakening after a long nap of several hours after gently stimulating with patting, rubbing soles of feet or back, or picking infant up
5. Loose, watery stools three or more times in a row
6. Any obvious bleeding
7. “Jerky” or convulsive movement
8. An unusual rash
9. Yellowing of the skin indicating possible jaundice, typically more notable if in the eyes

If you have concerns about any symptoms that are not on this list, please do not hesitate to call and speak to our triage nurses or page the on-call doctor.