

# Healing After a Pregnancy: When to Call Your Provider

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As you're healing during the **first week** after a pregnancy, call your healthcare provider if you:

- Pass blood clots larger than a golf ball
- Soak a new pad with blood each hour for 2 or more hours
- Have bleeding that is still bright red for 4 days after giving birth
- Have a temperature higher than 101.5° F
- Have new or increasing stomach pain
- Pass tissue (not just blood)
- Have a severe headache, visual (seeing or eyesight) problems, or sudden swelling of your face, hands, or feet
- Have not had a bowel movement for 3 days after giving birth
- Have a hard time holding your pee, or you do not feel the need to pee
- Have increasing pain in the areas related to your birth (examples: your vagina, at your laceration site if you had a C-section, or at your episiotomy site near your vaginal opening)

During the **first month** after a pregnancy, call your healthcare provider if you:

- Have vaginal discharge (fluid) that smells bad
- Have redness or sores on your breasts
- Have bleeding from your nipples
- Think you might have poop or pee leaking from your vagina
- Have feelings of sadness or hopelessness for more than a few days
- Have troubling or dangerous thoughts or hallucinations (you hear or see things that are not really there)

**6 months** after your pregnancy, call your healthcare provider if:

- You try to have sex and it hurts too much
- You feel like something is falling out of your vagina
- You have any of the symptoms listed in this document

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