

Post-Birth Warning Signs

Most people who give birth recover without problems. However, problems related to pregnancy can happen anytime during the first year after giving birth.

- The first few months are when the risk is highest.
- It is important to know the Association of Women's Health, Obstetric and Neonatal Nurses' (AWHONN) POST-BIRTH warning signs and wear the Post-Birth Alert bracelet.
- Some problems after birth can include:
 - High blood pressure
 - Excessive bleeding, or
 - Life-threatening infections

AWHONN POST-BIRTH Warning Signs

Trust your instincts. Always get medical care if you do not feel well or have questions or concerns. Below are symptoms for when to call 911 and when to call your doctor or midwife. **If you call someone, make sure you tell them the date you gave birth and what symptoms you have.**

Call 9-1-1 if you have any of the following symptoms:

- Pain or pressure in the chest that does not go away
- Obstructed breathing or shortness of breath
- Seizures
- Thoughts of hurting yourself or someone else

Call your doctor or midwife if you have any of the following symptoms:

- Bleeding. Heavy vaginal bleeding, soaking through more than a pad an hour, or passing large clots the size of an egg or bigger
- Incision that is not healing
- Red or swollen leg that is painful or warm to touch
- Temperature of 100.4°F (38°C) or higher, or 96.8°F (36°C) or lower
- Headache that does not get better, even after taking medicine, or bad headache with vision changes

Post-Birth Alert Bracelet

The Post-Birth Alert bracelet is a bright orange silicone bracelet given to you by the hospital where you delivered baby. Wear this bracelet after giving birth so emergency providers quickly recognize that you have recently had a baby.

- Wear the bracelet for at least 12 weeks (3 months) after birth.
- Knowing that you are post-birth helps emergency providers look for the right things.
- The hospital's phone number inside the bracelet helps healthcare providers access vital medical information necessary for your care.
- Nearby hospitals, emergency medical service teams, and emergency departments know about the POST-BIRTH alert program and bracelet and will be able to care for you quickly and safely.

