

POSTPARTUM RECOVERY GUIDE:

Healing, Emotions, and Support



Physical Recovery:



Vaginal birth: Expect bleeding for up to six weeks.



C-section: Healing may take longer with activity limits.



Swelling, aches, and hormone shifts are normal.

Talk with your provider if you have any questions about your healing.

Emotional Recovery:

- The “baby blues” are common in the first two weeks.
- **Watch for postpartum depression signs:** persistent sadness, anxiety, or trouble bonding with your baby.



When to Call Your Provider:



Soaking through a pad an hour or passing large clots.



Persistent fever, dizziness, or increased pain.



Signs of preeclampsia: pain under the ribs, vision changes, persistent headache.



One-sided leg swelling.



Thoughts of self-harm or feeling unsafe.

Rest and Recovery:



- Let your support system help.
- Eat well and stay hydrated.
- Sleep when the baby sleeps.
- Be gentle with yourself—it can take a year or more to feel like yourself again.

Feeding Your Baby:

- Milk usually comes in after 3–5 days.
- Colostrum is nutrient-rich and perfect for newborns.
- Lactation support is available in the hospital and after discharge.



Your Care Support:

Learn more about Livingston HealthCare:

<https://www.livingstonhealthcare.org/services/womens-health/>

Lactation consults are available through the Family Birth Center by CLC staff at 406.823.6433.

Schedule an appointment to meet our team: 406.222.3541