

# POST-PARTUM WARNING SIGNS

Most women who give birth recover without problems, but any woman can have complications after birth. Learning these signs and symptoms may help prevent life-threatening conditions and health issues later in life.

## RESOURCES

### Obstetrical clinic post-partum support

- (905) 472-7351
- [msh.on.ca](http://msh.on.ca)

### Breastfeeding classes post-birth

- Offered for the first 6 weeks after delivery
- (905) 472-7351
- [msh.on.ca](http://msh.on.ca)

### York Region breastfeeding clinics

- Locations in Georgina, Markham, Newmarket, Richmond Hill, Vaughan
- 1-800-361-5653
- [york.ca](http://york.ca)

### Markham Pelvic Health

- Physiotherapy, Massage Therapy, and Psychotherapy
- (905) 604-4591
- [markhampelvichealth.com](http://markhampelvichealth.com)

## CALL 911:

- Pain in the chest
- Obstructed breathing or shortness of breath
- Seizures
- Thoughts of hurting yourself or your baby
- Chills or feeling very cold
- Severe pain

It is important to get treatment quickly for issues such as infections, blood clots, post-partum depression, sepsis and hemorrhage.

## CALL YOUR HEALTHCARE PROVIDER:

- Any incision that is not healing or smells bad
- Red or swollen leg that is painful or warm to touch
- Bleeding, soaking through one pad per hour, blood clots the size of an egg or bigger
- Temperature of 100.4 degrees F or higher
- Constant headache (with or without vision changes) where medication provides limited relief
- Pain or burning with urination
- Red and painful breasts, with or without lumps

If your healthcare provider is not available and you think your life may be in danger, call 911 or go to the nearest emergency department.

## CALL A PELVIC HEALTH PHYSIOTHERAPIST:

- Vaginal heaviness and pressure
- Urine or fecal leakage
- Low back, pelvic, or tailbone pain
- Pain when returning to intercourse

Although not life-threatening, these conditions can greatly impact a woman's quality of life and can lead to further health issues later in life.

