

POSTPARTUM BLEEDING

Postpartum bleeding is a heavy flow of blood and mucous, called lochia, beginning after delivery and continuing up to 10 days. Light bleeding and spotting after pregnancy can continue for another 4 to 6 weeks.

Wear only pads for first 6 weeks to prevent introducing bacteria into the recovering uterus and genital tract. Don't do too much too soon as it can cause the bleeding to start again or become heavy again.

Call the office if you are passing very large clots or bleeding more than 1 pad an hour or if you have noticed foul smelling lochia.