



# Postpartum Appointments

Ensuring your health after having a baby

**Pregnancy and childbirth** are very stressful on a woman's body. All women need postpartum care after giving birth. Postpartum care is medical care for women who just had a baby.

It is very important that women have contact with their healthcare provider within three weeks of giving birth and attend all OB appointments. Women must also have a complete postpartum checkup no later than 12 weeks after giving birth. At this visit, your OB provider will examine you to make sure you are healing well after delivering your baby.

## If you had a cesarean section

You will need to see your OB provider two weeks after giving birth to check your incision. It is important to make sure you are healing well. After your incision check, you will still have your postpartum visit a few weeks later.



If you did not schedule a postpartum visit before you left the hospital, call your OB provider right away to make your appointment

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If you have any questions or concerns before your postpartum appointment, please contact your OB provider or call a HUSKY Health Nurse Care Manager at 1.800.859.9889, ext. 2025.

## Important postpartum topics

At your postpartum visit, your OB provider will talk with you about all of the things that are important for moms to know and do after delivering their babies.

- **Baby Care:** Your OB provider can help answer any questions you have about caring for your new baby.
- **Breast Feeding:** If you are breast feeding your baby, your OB provider can help with any questions or issues you have.
- **Postpartum Depression:** Your appointment will include a screening for postpartum depression, which is common and may occur up to a year after childbirth. It is a medical condition that needs treatment to get better.
- **Family Planning:** It is important to give your body time to heal after a pregnancy. You should wait at least 18 to 24 months before becoming pregnant again. Your OB provider will talk with you about using birth control to avoid another pregnancy too soon.



Healthy Beginnings  
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**Sources:**

Womenshealth.gov

<https://www.marchofdimes.org/pregnancy/postpartum-depression.aspx>

<https://www.marchofdimes.org/pregnancy/your-postpartum-checkups.aspx>

<https://www.marchofdimes.org/pregnancy/warning-signs-of-health-problems-after-birth.aspx>