



# Postpartum Appointments

*Ensuring your health after having a baby*

**Pregnancy and childbirth** are very stressful on a woman's body. The first eight weeks after you have your baby is your postpartum time, and you need medical care to ensure you are recovering well.

The doctor you will see for your postpartum visit is called an OB/GYN. It is very important that you see your OB/GYN for your postpartum visit three to eight weeks after you give birth. At this visit, your OB/GYN 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/GYN 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/GYN provider right away to make your appointment.

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

## **Important postpartum topics**

At your postpartum visit, your OB/GYN 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/GYN can help answer any questions you have about caring for your new baby.
- **Breast Feeding:** If you are breast feeding your baby, your OB/GYN can help with any questions or issues you have.
- **Postpartum Depression:** Your appointment will include a screening for postpartum depression, which is common after childbirth. It is easy to treat once it is found.
- **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/GYN will talk with you about using birth control to avoid another pregnancy too soon.



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