

Postpartum Period

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- The postpartum period (puerperium) – period during the 6 weeks after childbirth
- This period is also termed like- fourth trimester of pregnancy
- The most part of woman stay in the hospital for first 48 – 72 hours of the birth

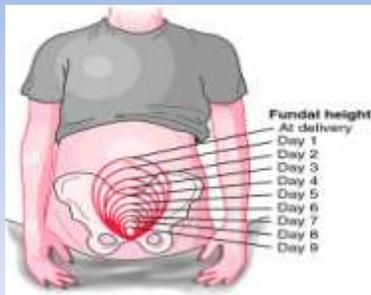


Changes in the postpartum period

Phases of the Puerperium

- Taking – in phase (First 2- 3 days after labor; the woman making all administrations from the nurse, she managing a pain and maybe some hemorrhoids problems, she will talk about labor)
- Taking – hold phase (Woman started to go into process caring for child, she needs praise for the things she does)
- Letting – go phase (She started absolutely care for her child and understand that it s part of her life)

Uterus involutions

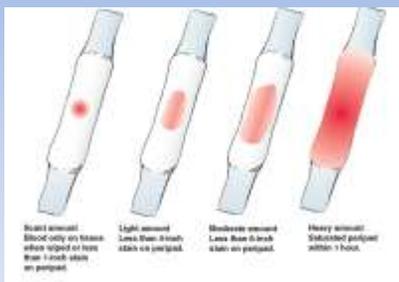


Uterus changes

After birth uterus changes in two ways:

- The area where placenta have been implant is sealed off to prevent the bleeding
- The organ is reduced to it s nearly protestations size
- After birth the weight of the uterus around 1000 g, end of the first week – 500 g, 6 weeks – 50 g

Lochia



Lochia

The blood, fragments of decidua, white blood cells, mucus and some bacteria is known as a lochia

- During 3 days it s blood (lochia rubra)
- From the 4 day some leicocytes coming to the uterus (lochia serosa)
- From the 10 day – lochia alba. It s staying during 3 weeks

	COLOR	IT LASTS...
RUBRA	Dark red	3-4 days
SEROSA	Pinkish brown	4-10 days
ALBA	Whitish yellow	10-28 days

Cervix

- Cervix after birth during some times as usually soft and opened
- By the end of the 7 day it will close till size of the pen
- For some time the internal os will come to it s previous size, the external one – never

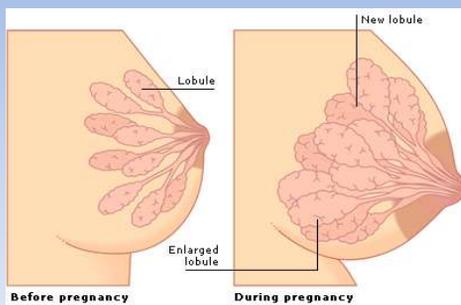
The Vagina

- The vagina directly after birth soft and bigger in a size
- The woman who is breast feeding may have a thinning vaginal walls, which can cause the vaginal bleeding during the sexual intercourses
- For the some time the vagina will come to the size during the pregnancy
- The Kegel exercise will help to put the vagina on her previous size more quickly

Perineum

Because the perineum taking the great amount of pressure during the labor, it became swollen and bigger in the size. It remain atrophic and softening after birth and it never will come on it s normal position

The Breast After Birth



The Breast After Birth

- Early in a pregnancy, the increased estrogen level produced by placenta, stimulating to grow ups the milk glands
- During the last time of pregnancy and first 2 days of the postpartum period the woman produced colostrum
- In the third day, the woman breast became full and feeling tender coz the milk filling (primary engorgement day)
- After when placenta have been birth, the level of progesterone dropping down, what making possible to increase the production of pituitary gland of prolactin - hormone of lactation period



Prolactin

- Secreted during and after feed to produce next feed



Mastitis

Can occur first 7 postpartal days. It is infections of the breast which entered from the cracked and fissured nipples. If the woman has this problem just on one nipple, she should begin the breast feeding with another one

Return to Menstrual Flow

- After when placenta birth, it stops to produce the placental estrogen and progesterone – the folliculostimulating hormone will start to produce. The woman who is non breast feeding can wait her menstruation 6 – 10 weeks after birth. If she is a breast – feeding the menstruation can return after 3-4 month
- The woman can ovulate before the menstruation returns

Medical care for the woman during first hours after birth

- First hours after birth the woman needs deeply watching her
 - First 6 hours – pulse rate, blood pressure, fundus, checking for bleeding minimum 1 time in an hour should be done
 - If everything fine – after during 24 hours checking for every 4 hours
 - First 48 hours after delivery the temperature can be 37.5- 38 degree
- If you see the fast pulse rate and increasing blood temperature – immediately check for infections

Massage of the uterus



Massage of the uterus

- First one hour – every 15 min
- First second hour – every 30 min
- First 24 hours – every hour (at end of ones in 4 hour)

Post term birth



Post term birth

- The child who have been birth more than 42 weeks of pregnancy call post term fetus
- This babies have long hair, long nails, meconium in amniotic fluid, small size of frontanelle, skin less elastic and without vernix
- Most part of pregnant who have a diabetes have a possibility to make the post term birth

