

# Uterine Involution, Lochia, and Puerperium



Pregnancy and postpartum are stages of transformation in the body of the surrogate mother. It is a special and complex process that requires the care and knowledge necessary for the birth process. Sometimes when mom is caring for a newborn baby, she may forget to take care of herself. However, it is important that mom also takes that care. Among these changes after childbirth are uterine involution, lochia, and puerperium.

## Uterine Involution

- It is the process in which the uterus returns to its size and place after delivery.
- During the months of pregnancy, the uterus increases in size, height and position to accommodate the baby's development and life.
- Breastfeeding is a great ally in uterine involution. Each time the baby breastfeeds; the woman's body releases the hormone oxytocin. This hormone helps reduce pain and the effect of contractions on the uterus.
- Contractions are normal and necessary for the uterus to be able to return to its place.
- The process of uterine involution is divided into 4 stages:
  - Immediate: these are the 24 hours after childbirth, in which the uterus is still dilating.
  - Median: from the second day after delivery to the tenth. During this stage, the uterus begins to decrease in dimensions by about 2 centimeters a day.
  - Distanted: the woman experiences the distant stage during the 40 to 50 days after the birth of the baby.



- Late: this is the last phase of the process. In the late stage, the woman achieves full recovery of the uterus. It can take 6 months for this state to be reached.



## Lochia

- Childbirth is bleeding after childbirth.
- The duration of this process is variable. It is said to be 40 days, known as quarantine.
- Lochia are red at first and then white. At first, a uterine layer called the decidua, which has fibrous tissue and many blood vessels, is removed. It is similar to moderate menstruation (bleeding), the amount of which gradually decreases.
- Warning signs and signs that you should consult a doctor:
  - If you consider that the amount and volume of bleeding are too much.
  - Have fever, perceived bad odor, strange color or pus-like appearance.
  - If the blood clots are very abundant, it is necessary to check for adequate contraction of the uterus and to perform an ultrasound scan to determine if there is retained placental debris.

- Some women who have their baby by cesarean section bleed less if the placenta is manually detached to prevent bleeding.



### Puerperium

- The puerperium or quarantine is the period that goes from the moment immediately after childbirth until 35-40 days or more after childbirth.
- The puerperium comprises different stages:
  - Immediate puerperium: covers the first 24 hours after delivery.
  - Medium puerperium: extends from the second to the tenth day.
  - Distant puerperium: it ends around 40-45 postpartum.
  - Late puerperium: it can reach up to 6 months if the mother chooses to feed the baby through active and prolonged breastfeeding.

- Among the physical changes that happen in the mother's body during the puerperium to return to normal are:



- Water removal.
- Weight loss.
- Changes in the circulatory system.
- Hormonal changes.
- Reduction in abdominal volume.
- Skin alterations.
- Decreased immune activity.
- Changes in the genital tract.
- Resumption of menstruation.

### Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your pregnancy process, please visit your primary care physician or call the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Health

787-641-9133

#### References:

<https://www.mayoclinic.org/es/healthy-lifestyle/labor-and-delivery/in-depth/postpartum-care/art-20047233#:~:text=Despu%C3%A9s%20del%20parto%2C%20se%20expulsa,tornan%20de%20color%20rojo%20oscuro.>

<https://www.agrupacionginecologica.es/ginecologia/involucion-uterina-el-proceso-por-el-que-pasan-todas-las-mujeres-en-el-posparto/#:~:text=La%20involuci%C3%B3n%20uterina%20es%20la,y%20la%20vida%20del%20beb%C3%A9.>

<https://partonaturalmadrid.es/loquios/>

<https://www.natalben.com/puerperio>

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