

E-Blast Postpartum checkups after a cesarean section

After delivery, the body needs time and specific care to heal properly, especially if the birth was by cesarean section. This is a major surgical procedure that involves an incision in the abdomen and uterus; Therefore, it is critical to pay attention to any signs of complications during the recovery process.

Postpartum medical checkups can detect infections or other problems related to healing in time. Here are some recommendations after a cesarean section:

- Attend the post-operative consultation to evaluate wound healing.
- Go for a general check-up between 6 and 12 weeks postpartum to check the recovery of the uterus and the general state of health.
- Keep monitoring for your blood pressure, especially if you had preeclampsia or eclampsia during pregnancy.
- Assess your emotional state and seek professional support if you identify signs of postpartum depression.

Contact your doctor right away if you have any of the following warning signs: fever, redness, severe pain that doesn't go away with medication, very heavy or foul-smelling vaginal bleeding, or redness and pus-filled discharge from the wound.

References:

<https://www.mayoclinic.org/es/healthy-lifestyle/labor-and-delivery/in-depth/c-section-recovery/art-20047310>

<https://www.merckmanuals.com/es-us/professional/ginecolog%C3%ADa-y-obstetricia/atenci%C3%B3n-posparto-y-trastornos-asociados/atenci%C3%B3n-posparto>