We wish you and your new baby good health in the coming weeks and months.

This chapter lists warning signs in mothers that require a call to your clinic, health care provider, or 9-1-1. Phone numbers are listed in the “Helpful Phone Numbers” chapter at the beginning of this book.

Call 9-1-1- if:

• You have an urgent concern about your health

Call your clinic right away if you:

• Have a temperature of 101°F (38.3°C) or higher.

• Are soaking a full-size pad or maxi-pad with blood from your vagina every hour for 2 to 3 hours, or you keep passing clots that are larger than your thumb.

• Have redness, swelling, or pain in your lower leg or thigh.

• Have a headache that won’t go away with usual comfort measures such as drinking water, resting or taking Tylenol (acetaminophen).

• Had a Cesarean birth and your incision opens a little or leaks fluid or blood, or the area around your incision becomes more red, swollen, tender, or painful.

Call your clinic within 24 hours if you:

• Have a discharge from your vagina that smells bad.

• Have a hard time urinating, or have pain or burning when you urinate.

• Have pain in your incision that keeps getting worse.
• Have a hard time eating or sleeping, or feel depressed, sad, or anxious.
• Have a concern you feel cannot wait until your next clinic visit.

Call Lactation Services if you:
• Have a breast lump that does not soften or a red area on your breast that does not go away within 1 to 2 days.
• Have sore nipples that hurt throughout your baby's feeding. Some nipple tenderness is normal, and it usually gets better by the 4th or 5th day.
• Have any questions or concerns about breastfeeding.

Questions?
Your questions are important. If you have questions or concerns about warning signs, please call your health care provider during office hours.

After hours and on weekends and holidays, call Labor & Delivery at 206-598-4616.

For concerns about lactation or breastfeeding, call Lactation Services at 206-598-4628

For urgent concerns, call 9-1-1.