Warning Signs for New Mothers

This chapter describes warning signs that require a call to 911, your clinic, or healthcare provider. Phone numbers are listed in the "Helpful Phone Numbers" chapter at the beginning of this book.

Be sure to call one of the numbers provided if you have any of the warning signs listed in this chapter.

When to Call

Call 911 if:

- You are having a medical emergency.

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 will not go away even after you drink water, rest, and take acetaminophen (Tylenol).

- Had a Cesarean birth and:
  - Your incision opens or leaks fluid or blood
  - The area around your incision becomes more red, swollen, tender, or painful

Call your clinic within 24 hours if you have:

- Discharge from your vagina that smells bad.

- A hard time urinating, or have pain or burning when you urinate.

- Pain in your incision that keeps getting worse.

- A hard time eating or sleeping, or feel depressed, sad, or anxious.

- 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.

- 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.

- Any questions or concerns about breastfeeding.

Questions?

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

After hours and on weekends and holidays, call Labor & Delivery at 206.598.4616.

For concerns about lacatation or breastfeeding, call Lactation Services at 206.598.4628

For urgent concerns, call 911.