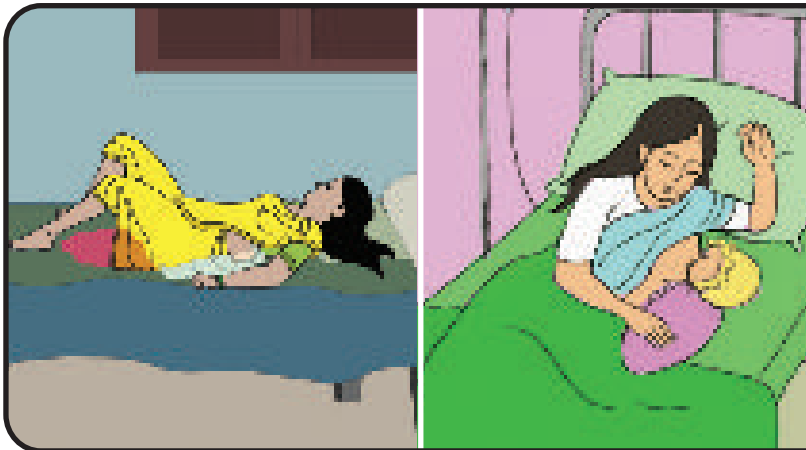


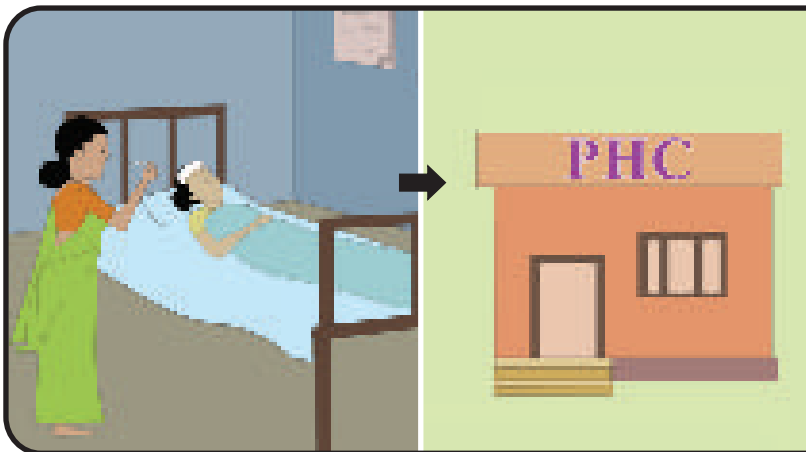


Complications during the Post-Partum period



If mother is bleeding heavily, using more than five pads or one thick cloth per day, then it is a sign of **excessive bleeding**.

Ask mother to begin breastfeeding immediately, to help reduce bleeding. Refer her urgently to a **hospital**.



If mother has foul smelling discharge, **puerperal sepsis (infection)** is likely. Fever, chills and pain in abdomen along with foul smell make infections more likely.

Measure temperature to check for fever. Refer mother to **hospital**, preferably on the same day.



Another danger sign is **convulsions**, with or without swelling of face and hands, severe headache and blurred vision.

Refer mother to **hospital** immediately. If ANM is available, she can stabilize the mother before she is taken to hospital.



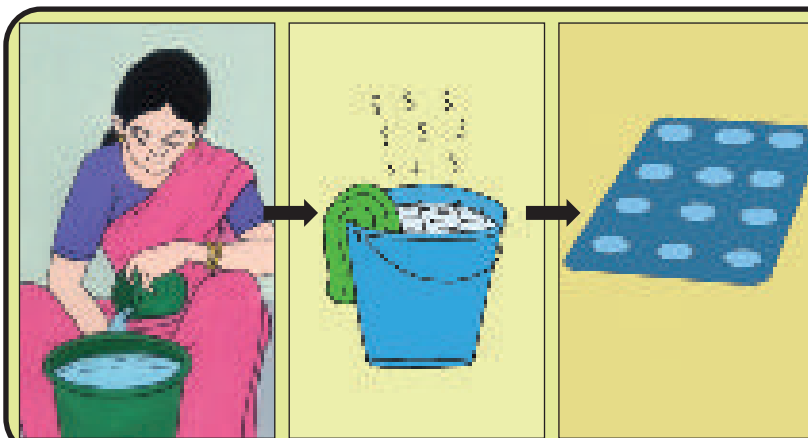
If mother looks pale, get her blood tested for **anaemia**. Ensure that she takes **IFA tablets** at least for 100 days. If she is moderately anaemic, she needs two tablets a day. If she is severely anaemic, refer her to a health facility for treatment. Also counsel her on the need for a healthy, iron-rich diet.



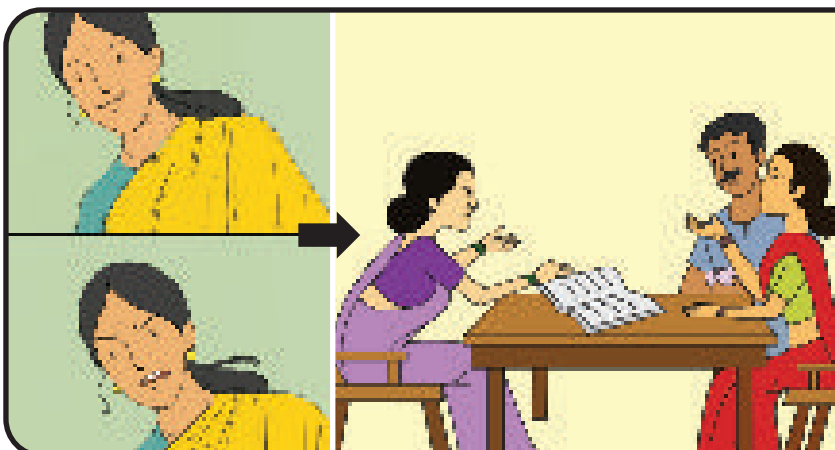
Complications during the Post-Partum period



If mother has **engorged breasts**, help her with breastfeeding, ensuring that baby is attached properly. Apply warm compress to breast, and help her express milk. Check her temperature. If there is fever, refer her to a **doctor**. Encourage her to continue breastfeeding, even if she is prescribed antibiotics.



If mother has **perineal swelling and infection**, advise her to keep the area clean, and to hold a warm cloth (dipped in hot water) to her genitals, twice a day. Refer her to the **PHC** or **CHC** if there is fever. A **paracetamol** will help relieve pain and fever.



If mother suffers from **mood swings** after delivery, counsel her; also counsel the family so they can provide necessary support. If there is no improvement after a week or so, or if the mood changes are severe, referral may be required.