

Warning Signs of Post-Birth Complications

CALL 911 IF YOU HAVE:

- P** Pain in the chest
- O** Obstructed breathing/ short of breath
- S** Seizures
- T** Thoughts of hurting yourself or your baby



CALL YOUR DOCTOR IF YOU HAVE:

- B** Bleeding through 1 pad an hour or large blood clots
- I** Incision that is not healing
- R** Red, swollen, or painful legs
- T** Temperature higher than 100.4°
- H** Headache, vision changes

