

# Postpartum Check-Up

## Postpartum



### What is a postpartum check-up?

A postpartum check-up is an after-birth visit with your provider three to seven weeks after you give birth.

**Note:** If you had a Cesarean delivery (C-section), your provider will check your incision one to two weeks after you give birth. This is not your postpartum check-up.

### Why do you need a postpartum check-up?

This visit lets your provider check your physical and mental health after you give birth. Some new moms get so busy with their new little one that they forget or don't go to the postpartum visit. But this visit is very important especially for YOU!

### What should you expect during your postpartum check-up?

- Your provider will make sure your body is healing.
- Your provider will ask how you are doing with breastfeeding.
- Your provider will talk to you about birth control and family planning options and when you can have sex again.
- Your provider will check for signs of postpartum depression.
- Your provider will answer any questions you may have.



**Scheduling provider appointments** after you give birth will help you stay healthy.

Your provider will make sure you get the care that is right for you.

This is important because taking care of YOU helps make sure you can take the best care of your new baby!

### Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.



English: **(888) 275-8750**

Español: **(866) 648-3537**

TTY/TDD: **711**

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