

B L O O M

CRITICAL INFORMATION

Postpartum Warning Signs

Recognize the symptoms that require immediate medical attention during your recovery



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Your Recovery Timeline and What to Watch For

Different symptoms appear at different times. This guide sorts the warning signs of postpartum recovery by when they typically show up, so you know what is expected and what is not.

Emergency Contacts: Save These Numbers

- **Emergency:** 911
- **Suicide and Crisis Lifeline:** 988 (call or text, 24/7)
- **Postpartum Support International HelpLine:** 1-800-944-4773

Immediate Postpartum: First 24 Hours

Hemorrhage

Soaking through more than 1 pad per hour, passing clots larger than a golf ball, or feeling dizzy or faint.

Action: Call 911 immediately.

Chest Pain or Shortness of Breath

Any chest pressure, pain, or difficulty breathing could indicate a blood clot or heart issue.

Action: Call 911 immediately.

Severe Headache

Sudden, severe headache, especially with vision changes or neck stiffness.

Action: Go to the ER now.

First Week

DAYS 1 TO 7

High Fever

Temperature over 100.4°F could indicate infection: endometritis, mastitis, or an incision infection.

Action: Call your OB today.

Leg Pain or Swelling

Pain, redness, warmth, or swelling in one leg, especially calf pain when walking.

Action: Urgent care today.

Vision Changes

Blurred vision, seeing spots or flashing lights, or temporary vision loss.

Action: Call your OB immediately.

Incision Problems

A C-section or perineal incision that is opening, has pus, shows increasing redness, or has a foul odor.

Action: See a provider within 24 hours.

Early Recovery

WEEKS 2 TO 6

Severe Mood Changes

Intense sadness, anxiety, rage, or feeling disconnected from your baby, lasting more than 2 weeks.

Action: Call your provider this week.

Thoughts of Harm

Any thoughts of harming yourself or your baby, hearing voices, or seeing things that are not there.

Action: Call or text 988, or go to the ER.

Unable to Sleep

Cannot sleep even when the baby is sleeping, racing thoughts, or feeling wired for days.

Action: Urgent mental health care.

Breast Infection

A red, hot, painful area on the breast with flu-like symptoms such as fever, chills, or body aches.

Action: Call your OB within 24 hours.

Ongoing Recovery

6 WEEKS AND BEYOND

Persistent Depression or Anxiety

Ongoing feelings of sadness, worry, or panic that interfere with daily life.

Action: Schedule mental health support.

Return of Heavy Bleeding

Bleeding that had stopped but returns heavily, or bleeding beyond 6 weeks.

Action: Call your OB office.

Intrusive Thoughts

Scary thoughts or images that pop into your head, even if you would never act on them.

Action: Talk to your provider.

Feeling Not Yourself

A persistent feeling that something is wrong, even if you cannot explain it.

Action: Trust your instincts and call.

Remember: You Know Your Body Best

Trust your instincts. If something does not feel right, do not wait. Seek help.

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| ☐ It is okay to call your provider | ☐ Early treatment is best |
| ☐ You are not overreacting | ☐ Your health matters |

If You Are Experiencing Any of These Symptoms

Do not wait. Get help now.

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About This Guide

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This guide is for educational purposes only and does not replace medical advice from your own provider.