

Stages Involved in Postpartum Period

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DESCRIPTION

The time after childbirth when the mother's body, particularly the hormone levels and uterus size, return to normal is known as the postpartum (or postnatal) phase, this typically lasts for six weeks. The terms puerperium, puerperal phase, or immediate postpartum period are widely used to describe the first six weeks following childbirth. The bulk of maternal and infant mortality occur during the postnatal period, which the World Health Organization (WHO) describes as the most important but also the most ignored stage in the lives of mothers and newborns. A woman giving birth in a hospital is able to depart, which could be as soon as a few hours after giving birth, even though the median time after a vaginal birth is one to two hours. Three to four days are the usual postpartum caesarean section stay. During this time, the woman is monitored for bleeding, bowel and bladder function, and baby care. Additionally, the infant's health is monitored. Most often, the term "early postnatal hospital discharge" refers to taking the mother and child home from the hospital within 48 hours of the baby's birth.

There are three main stages to the postpartum period.

- 1) The beginning or acute stage
- 2) Postpartum period that is mild
- 3) Prolonged postpartum time

The beginning or acute stage

The early or acute phase of the postpartum period lasts for the first 6 to 12 hours following childbirth. Postpartum bleeding poses the greatest health risk during the acute phase. In order to stop blood loss after delivery, the uterus must contract in the area where the placenta was linked to the uterine wall. At the level of the navel, the fundus (top) of the uterus can be felt as a hard mass following a contraction. The nurse or midwife will frequently check the fundus and the amount of bleeding to ensure that the uterus stays solid. The uterus can be made to contract by massaging it.

Baby-sitting during the acute stage: The newborn takes its first breath in around 10 seconds after which the caregiver puts the infant on the mother's chest. The Apgar scale is used to gauge the infant's health. The newborn baby is assessed according to five criteria that are condensed into a short phrase to get the Apgar score (Appearance, Pulse, Grimace, Activity, and Respiration). Since around 2000, several authorities have suggested that early skin-to-skin contact is beneficial to both mother and infant. Until recently, babies were routinely taken away from their mothers after birth.

Postpartum period that is mild

As hypercoagulability rises during pregnancy and peaks in the postpartum period, the risk of a Deep Vein Thrombosis (DVT) is comparatively high in the first few days after childbirth, especially for women who underwent C-sections and have limited mobility. In particular, if the woman has risk factors including obesity, protracted immobility, a recent C-section, or a first-degree relative with a history of thrombotic episode, anticoagulants or physical measures like compression may be employed in the hospital. Anticoagulation is typically advised for women who have a history of thrombotic events during pregnancy or before becoming pregnant.

Infant care during the sub-acute stage: A woman usually starts producing breast milk two to four days after giving birth. In the past, women who were nursing their infants but not breastfeeding were given medications to suppress lactation, but this is no longer medically recommended. Breastfeeding issues could develop during this time because newborns frequently wake up at night and require feedings every two to three hours. Maternal sleep is frequently disturbed. At this point, a lactation consultant, health visitor, monthly nurse, postnatal doula, or kraamverzorgster might be able to help.

Prolonged postpartum time

After the subacute postpartum phase, the delayed postpartum period begins and lasts for up to six months. Muscles and connective tissue return to their pre-pregnancy state at this time.

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Recovery from difficulties of childbirth during this time, such as incontinence of the urine and faeces, painful sex, and pelvic prolapse, is often very slow and in some situations may not be successful. During this time, PTSD symptoms frequently lessen, going from 2.8% and 5.6% at six weeks after giving birth to 1.5% at six months. Large quantities of hair loss are frequent three months after childbirth (usually between two and five months), Normal hair growth is the norm, thus treatment is not necessary. Postpartum thyroiditis is another issue that could develop during this time.

CONCLUSION

After labour, the postpartum (or postnatal) phase begins and is often thought to last for six weeks. The mother's hormonal levels, return to normal during this time. During this time, the majority of maternal and newborn deaths occur. Another condition that could arise at this period is postpartum thyroiditis.