

15 Questions - Postpartum

Taking care of yourself is the first step in taking a care of your baby.

1. If I had a C-section, **can I still have a vaginal birth?**
2. Is my postpartum bleeding normal? **When should I see my doctor?**
3. What can I do to help with **postpartum pain?**
4. When is it safe for me to start **exercising?**
5. What is postpartum depression, and **what signs and symptoms should I know about?**
6. What are the benefits of **breastfeeding?** When will my breasts go back to their **original size?**
7. What resources can I use if I have a hard time **breastfeeding my baby?**
8. When is it safe to begin **birth control?**
9. Is my level of **exhaustion normal?** How can sleep protect me and my baby?
10. How long will it take for me to lose my baby weight? What can I do safely, to **help me lose my baby weight?**
11. What can I do about leakage after birth? What about **leakage as a result of breastfeeding?**
12. What should I expect when I begin breastfeeding, **what sensations should I expect?**
13. When is it safe to shower **after delivery?**
14. When can I have **sex again?**
15. What should I expect when using the restroom **after giving birth?**