

OBSTETRICS

Postpartum Recovery and Breastfeeding

Healing, emotional wellbeing, feeding support and danger signs

Original patient handbook | Evidence-aligned educational content

Prepared for patients of

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Important: This handbook provides general information. It cannot diagnose a condition, recommend individual treatment or replace emergency assessment.

How to use this handbook

Use this guide to prepare questions and recognise situations that need medical attention. Your clinician may advise differently based on your history, examination, test results and local clinical protocols.

Three principles

1. Keep scheduled follow-up.
2. Bring complete records.
3. Seek urgent care for warning symptoms.

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1. Postpartum care is a process

- Recovery should include early contact and ongoing care, not only one visit.
- Discuss bleeding, pain, wound or perineal healing, blood pressure, bladder and bowel symptoms, sleep, feeding, mood and contraception.

Prepare for your consultation

Write down the symptom timeline, medicines and supplements, previous reports and the three questions most important to you.

2. Breastfeeding foundations

- When medically feasible, early skin-to-skin contact and support to begin breastfeeding soon after birth can help establish feeding.
- Responsive feeding, positioning and attachment support are more useful than rigid schedules for many families.
- Seek skilled help for persistent pain, poor latch, low urine output, excessive sleepiness, fever or concerns about weight.

3. Emotional wellbeing

- Persistent sadness, severe anxiety, panic, intrusive frightening thoughts, inability to sleep, or feeling unable to cope should be discussed promptly.
- Postpartum depression and anxiety are treatable medical conditions.

4. Emergency warning signs

- Heavy bleeding, chest pain, breathing difficulty, seizure, fainting, severe headache or visual change, high fever, severe abdominal pain or one-sided leg swelling needs urgent care.
- Thoughts of harming yourself or the baby require immediate emergency support.

Urgent care

Do not rely on a website or PDF during an emergency. Severe or rapidly worsening symptoms require direct assessment.

Consultation checklist

Item	Ready
Postpartum contact date	■
Blood-pressure plan if relevant	■
Feeding support number	■
Pain-control plan	■
Mood-support person	■
Contraception discussion	■
Emergency symptoms	■

Questions to ask

Frequently asked questions

Is breastfeeding pain normal?

Brief tenderness can occur, but persistent or severe pain deserves assessment.

When can I exercise?

Begin gradually according to birth type, healing and complications, with clinician advice.

When should bleeding worry me?

Sudden heavy bleeding, large clots with weakness, dizziness or fainting needs urgent assessment.

Remember

Online information is most useful when it helps you communicate clearly with your own clinical team.

References and clinical framework

This handbook is original educational content informed by the following authoritative guidance. Recommendations may change and local protocols may differ.

WHO recommendations for a positive postnatal experience

<https://www.who.int/publications/i/item/9789240045989>

WHO - Infant and young child feeding

<https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>

ACOG - Optimizing Postpartum Care

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/05/optimizing-postpartum-care>



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Medical disclaimer: This document is for general patient education only. It is not a diagnosis, prescription or personalised care plan. Do not start, stop or change medicines based on this guide. Emergency symptoms require direct emergency assessment. The website is not monitored for emergencies.

Publishing note: Final medical review and approval by Dr. Akрати Jain is required before public distribution.