

# Post-Partum Appointments are Key to Continued Health

Whether you are expecting or have already delivered, this is an appointment you don't want to miss

**A**fter nine months of pregnancy, appointments with your OB/GYN and a constant focus on your health, you finally meet your tiny miracle. Suddenly, the world around you ceases to exist and everything you do is focused on this one little person (or maybe more than one). You quickly jump into your new routine, finding your way as you go, but somehow, your health takes a backseat.

“The six-week post-partum appointment with your OB/GYN is an essential follow-up appointment,” said Shruti Biyani, MD, OB/GYN. “It’s your chance to address concerns and questions about healing – physically and mentally – and it’s the time when your OB/GYN will transition you to your primary care physician for follow-up.”

Your follow-up appointment is as much about your immediate health following delivery as it is about your future health. “Women with conditions such as gestational or pre-gestational diabetes mellitus and hypertensive disorders, such as preeclampsia, are more likely to be at risk for longer-term health problems,” said Fernando Romero, MD, FACOG, OB/GYN. “Being aware of your risk for conditions such as type 2 diabetes, high blood pressure and cardiovascular disease is important and will allow you to take immediate preventative measures.”

Of course, if you have questions prior to your appointment, you should contact your doctor. And, in some cases, such as if you had a c-section; your doctor’s office will schedule an earlier appointment for you.

## **So what do you discuss at your six-week visit?**

Consider the following questions in advance of your appointment and take notes regarding anything else you may want to discuss. They’ll of course have additional questions for you based on your personal experience during pregnancy, labor and delivery.

**Did you have any complications during pregnancy or delivery – diabetes, preeclampsia?** Your doctor will discuss any considerations they present for future pregnancies and your overall health.

**Are you experiencing any physical symptoms such as bleeding, abdominal discomfort, vaginal or perineal pain, urinary incontinence or breast pain?** If you’re not sure about a symptom, it’s always best to share what you are feeling.



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**How are you feeling emotionally as you adjust to the new experiences and responsibilities of motherhood?** It’s normal to feel many emotions. If you are feeling overwhelmed, anxious or even depressed let your doctor know.

**If you are breastfeeding, how is it going?** Your doctor can address any questions or concerns you may have.

**Do you want birth control?** Information about your options and considerations will be available to you.

**How is your diet and are you exercising?** Diet is important for your recovery and for your child’s nutrition, if you are breastfeeding. Kegel exercises can help strengthen your pelvic floor muscles.

Your OB/GYN is your partner from pre-pregnancy through post-partum care. Finding the right person who you can speak with openly is important. The OB/GYN’s at Holy Family Hospital’s Birthing Center take pride in helping you every step of the way, from maternity through motherhood.

If you are pregnant or thinking about starting a family, call our DoctorFinder service at 800-488-5959. We’ll help you find an OB/GYN. You may also tour our birthing center and meet our team of OB/GYNs and nurse midwives at [stewardhollyfamily.org/birthingcenter](http://stewardhollyfamily.org/birthingcenter).