

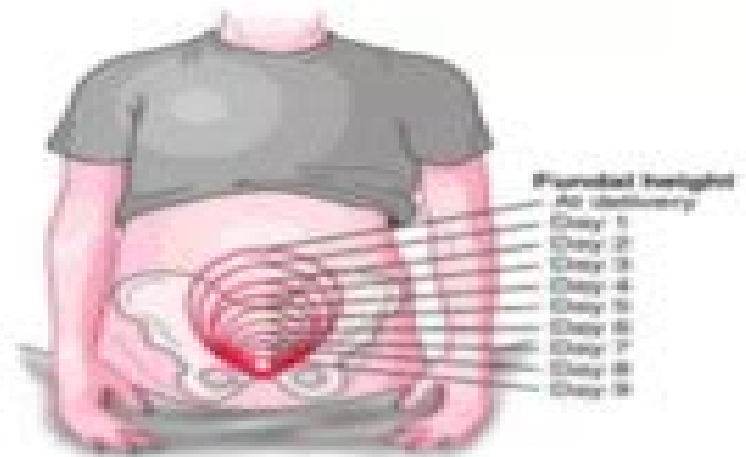
Post-Partum period and complications

Postpartum: period when the reproductive tract returns to the normal, nonpregnant state. Postpartum period starts immediately after birth and is usually completed by week 6 following birth.

Physiological Maternal Changes:

• **Involution.**

- The rapid decrease in the size of the uterus as it returns to the nonpregnant state.
- Clients who breastfeed may experience a more rapid involution as a result of the release of oxytocin during breastfeeding.
- Data Collection:
 - Weight of the uterus decreases from 2lb (900 g) to 2 oz (57 g) in 6 weeks
 - Endometrium regenerates
 - Fundus steadily descends into the pelvis. The fundal height decreases about 1 fingerbreadth (3 cm) per day.
 - By 10 days postpartum, the uterus cannot be palpated abdominally.
 - A flaccid fundus indicates uterine atony and should be massaged until firm.
 - A tender fundus indicates uterine atony and should be massaged until firm.
 - A tender fundus indicates an infection.
 - Afterpains decrease in frequency after the first few days.



• **Lochia.**

- Discharge from the uterus that consists of blood from the vessels of the placental site and debris from the decidua.
- Data Collection:
 - **Lochia:** bright red discharge that occurs from delivery day to day 3 postpartum.
 - **Serous:** brownish-pink discharge that occurs from days 4 to 10 postpartum.
 - **White:** white discharge that occurs from days 11 to 14 postpartum.
 - Normally the discharge smells like normal menstrual flow.
 - Discharge decreases daily in amount.
 - Discharge increases with ambulation.
 - Amount of lochia:
 - **Scant:** less than 2.5 cm (or 1 inch) on menstrual pad in 1 hour
 - **Light:** less than 4cm (or 4 inches) on menstrual pad in 1 hour
 - **Moderate:** less than 15 cm (or 6 inches) on menstrual pad in 1 hour
 - **Heavy:** saturated menstrual pad in 1 hour
 - **Excessive:** menstrual pad saturated in 15 minutes.
 - To determine most accurately the amount of lochia flow, weigh the perineal pad before and after use and identify the amount of time between pad changes.

Hesi Maternity And Child Study Guide

Yijin Wang



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