

# Postpartum Care Clinical Practice Guidelines

The following information was adapted from the American College of Obstetricians and Gynecologists (ACOG) and the American Academy of Pediatrics (AAP) with the intent of providing OB/GYN and primary care providers guidance in treating women during the postpartum period. The routine postpartum visit should occur four to six weeks following delivery. A visit at one to two weeks postpartum should be considered for women with cesarean delivery, medical issues that require close follow-up and women at risk for postpartum depression. These guidelines are not intended to represent an exclusive course of treatment.

Assessment
Interval history
Abdomen
Breasts/breastfeeding
Blood pressure
Bonding with infant
Emotional status
Episiotomy
Immunizations including Rubella
Pelvic exam/Pap test
Postpartum blues or depression
Psychosocial needs including support system
Uterine involution
Weight

Labwork/Screening
Labs as indicated
Pap Test

Education
Breastfeeding
Contraception
Follow-up visits with provider
Future pregnancies
Health promotion measures
Maternal-infant bonding
Nutrition
Preconception counseling
Prevention of sexually transmitted disease

**Reference:**

AAP/ACOG Guidelines for Perinatal Care 2007, 6<sup>th</sup> Edition

**Guideline approved by:**

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