



6. **Perineal Swelling and Infection:** If the mother has a small tear at the opening of her vagina (or has had stitches during the delivery), she should keep the area clean. She can apply cloth dipped in hot water, twice a day and hold it to her genitals. This will give her relief and help the healing. If there is fever, she should be referred to the PHC or CHC. A tablet of paracetamol would help both the pain and the fever.
7. **Post-Partum Mood Changes:** Some women may suffer from mood changes after delivery. They need counselling and family support. The changes usually disappear after a week or so. If the changes become severe then referral is required.

