**Common Postpartum Concerns**

1. **Postpartum blues:** Transient depression (baby blues) is very common during the first week after delivery.[[19]](https://www.ncbi.nlm.nih.gov/books/NBK565875/)  Women may notice feeling down, anxious, mood swings, crying spells, irritability, and difficulty sleeping. Postpartum blues typically resolve within 2 weeks. Healthcare providers should advise them to seek medical attention if depressive symptoms continue beyond 2 weeks and having difficulty taking care of themselves or taking care of the newborn or have thoughts of harming themselves or the newborn baby.[[20]](https://www.ncbi.nlm.nih.gov/books/NBK565875/)  All women should be screened for mood and anxiety disorders using a validated tool (Edinburgh Postnatal Depression Scale). The American Academy of Pediatrics recommends screening at the 1-, 2-, 4- and 6-month well visit. Encourage the partner and family members at least for the first week of the postnatal period to provide emotional support and care for the newborn. The National Institute for Health and Care Excellence recommends screening all postpartum women for resolution of the postpartum blues 10 to 14 days after delivery.
2. **Intimate partner violence:** Use HARK (humiliation, afraid, rape, kick) or HITS (hurt, insult, threaten, scream) tools to evaluate for intimate partner violence.[[21]](https://www.ncbi.nlm.nih.gov/books/NBK565875/)Prioritize patient safety and consider referral to intimate partner violence prevention organizations.
3. **Incontinence:** Stress incontinence occurs due to extensive stretch or injury to pelvic floor muscles during labor. Risk factors for urinary incontinence 3 months postpartum include obesity, parity, smoking, longer duration of breastfeeding, and use of forceps during vaginal delivery. Advise women to do Kegel’s exercises regularly to strengthen pelvic floor muscles.[[22]](https://www.ncbi.nlm.nih.gov/books/NBK565875/) Other considerations also are bladder training and weight loss as part of first-line treatment. It is important to let the new mother know that more than ¼ of women experience moderate or severe urinary incontinence in the first year postpartum.
4. **Hemorrhoids:** Caused by constipation or by pushing during the second stage of labor.[[23]](https://www.ncbi.nlm.nih.gov/books/NBK565875/)The first line of treatment includes increased water and fiber intake and stool softeners. Some may need excision or ligation of refractory hemorrhoids or grade III or higher.