

IMPORTANCE OF POST-PARTUM MONITORING

This information comes from a study in Argentina of 447 women after childbirth. On average, women lost about 385 mL of blood, with most losing between 150 and 450 mL. While many recover, some lost more than 500 mL, which can lead to dangerous or even fatal bleeding.

Additionally another metric; hemoglobin, the average level after delivery was about 10.4 g/dL, with most women between 9.6 and 11.2 g/dL. This is often lower than the healthy range and may increase the risk of anemia and other severe side effects.

Overall both results show why it is important to track blood loss and hemoglobin after delivery. Careful monitoring can help prevent serious complications and support recovery for mothers.

Source: Durocher et al., PLOS ONE, 2019

