

Post Partum Recovery Guide

3 Stages

Acute Phase

This phase lasts 24 hours after childbirth, involving intense monitoring for bleeding, infection, and vital signs, while the body begins recovery and bonding and breastfeeding are initiated.



Subacute Phase

This phase lasts 2–6 weeks, focusing on uterine involution, hormonal shifts, healing, emotional changes, breastfeeding adjustment, and monitoring for depression, infection, or delayed complications.

Delayed Phase

The delayed postpartum phase spans 6 weeks to 6 months, involving complete physical recovery, menstrual return, emotional adjustment, and long-term monitoring for mood disorders, fatigue, or chronic complications.

