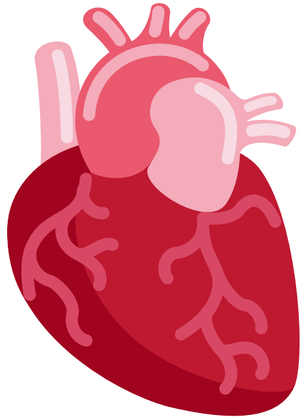
The basics of the physiology of postpartum period

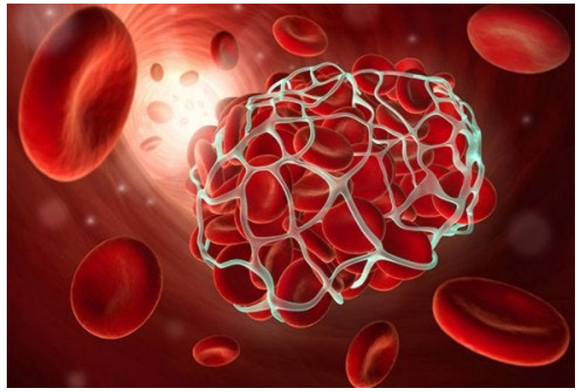
ISABEL CORRALES GUTIÉRREZ

Fundusze Europejskie Wiedza Edukacja Rozwój
Rzeczpospolita Polska
NAWA
Unia Europejska Europejski Fundusz Społeczny

Reproductive system

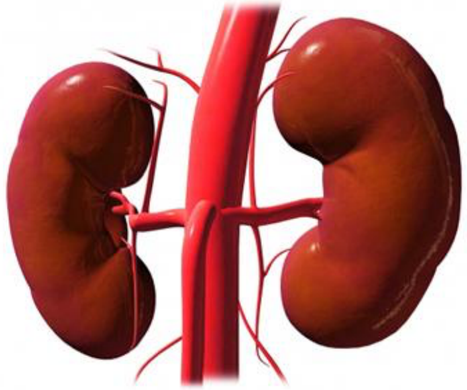


Cardiovascular system



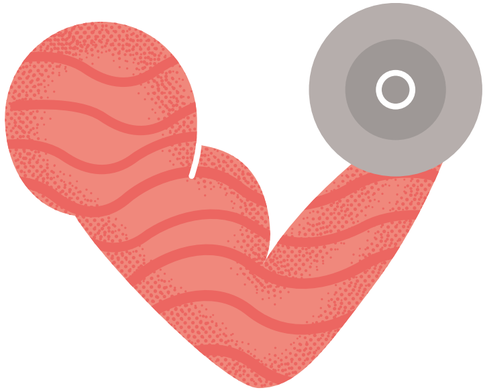
Hematologic system

Endocrine system



Renal system

Gastrointestinal system



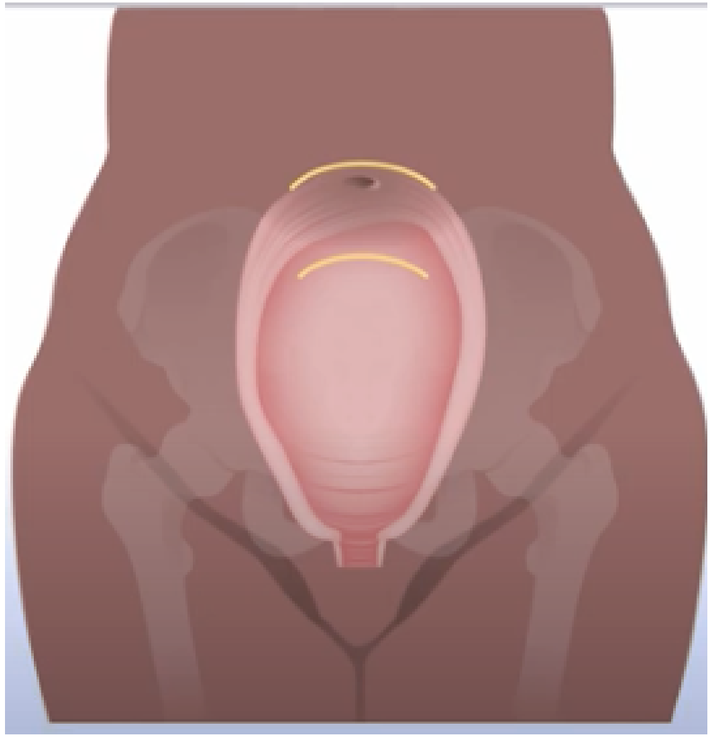
Musculoskeletal System

Mind

Reproductive system

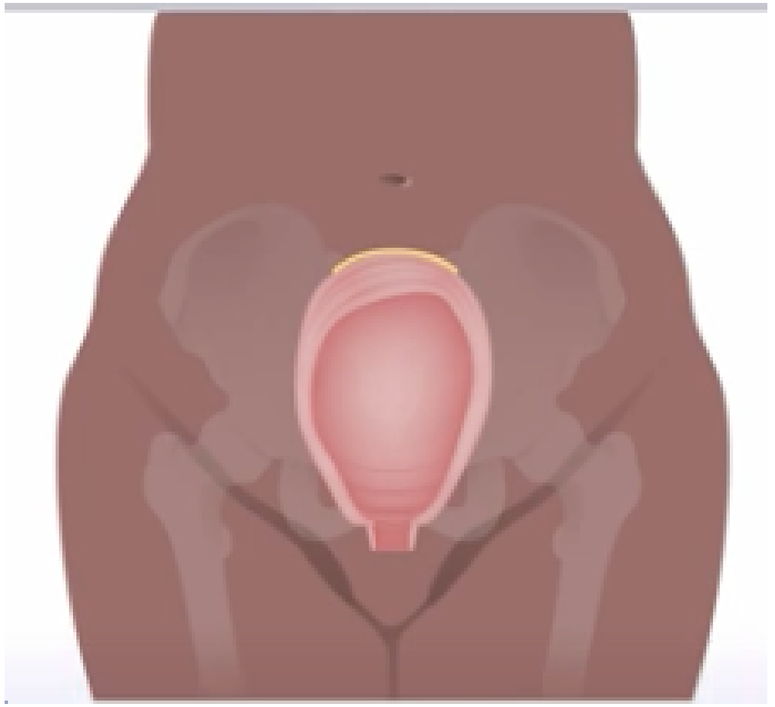
Involution: The process of the uterus returning to non pregnant state

Inmediately after the delivery of the placenta, the uterus is 2 cms above the umbilicus.



Involution: The process of the uterus returning to non pregnant state

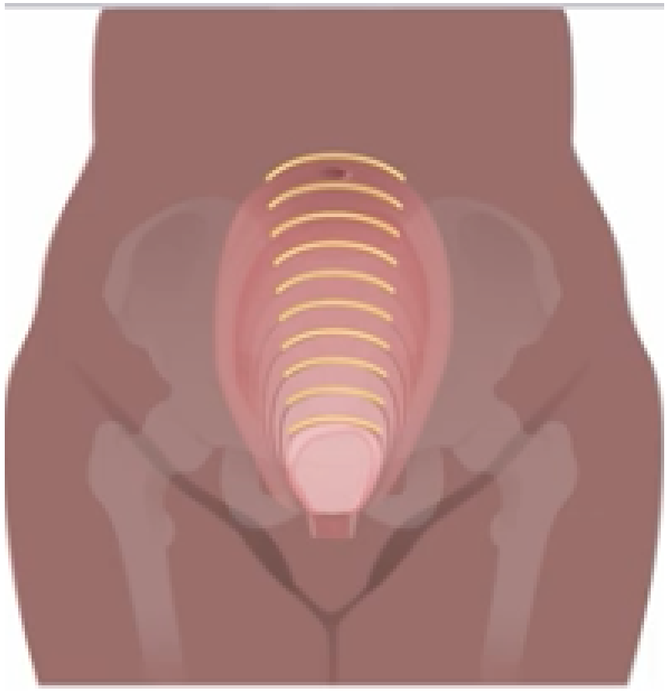
At 24 hours after delivery, the uterus is 1 cm below the umbilicus



Involution: The process of the uterus returning to non pregnant state

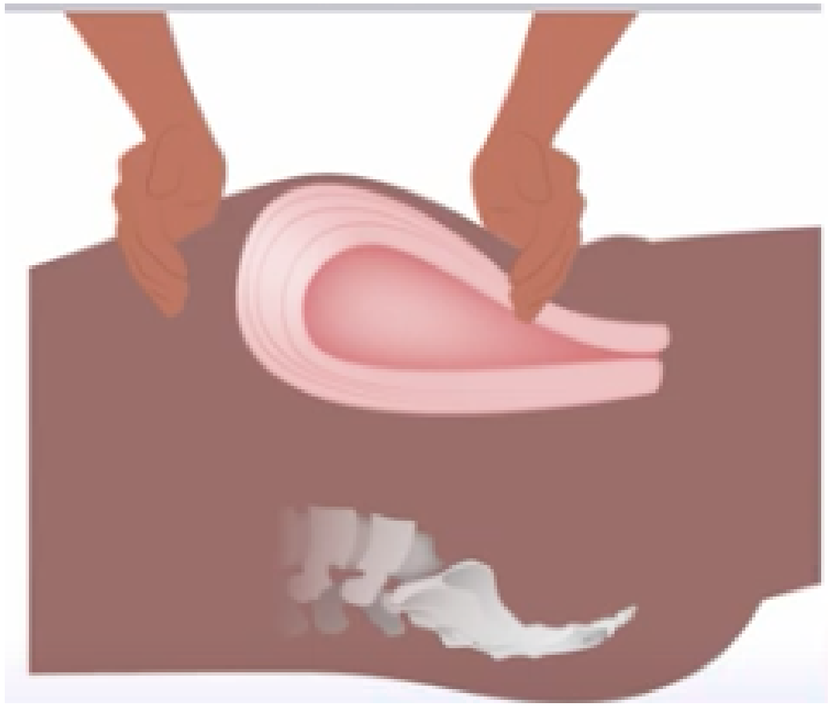
The uterus descends about 1 cm per day.

By two weeks postpartum, the uterus should be non palpable



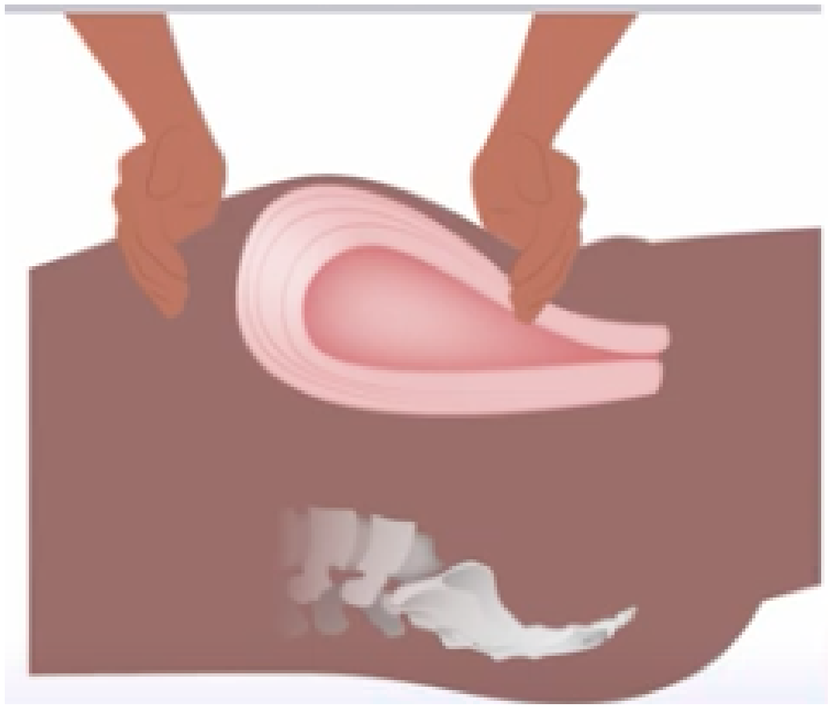
Involution: The process of the uterus returning to non pregnant state

By two weeks postpartum, the uterus should be non palpable



Involution: The process of the uterus returning to non pregnant state

Subinvolution :
Tha failure of the uterus to return

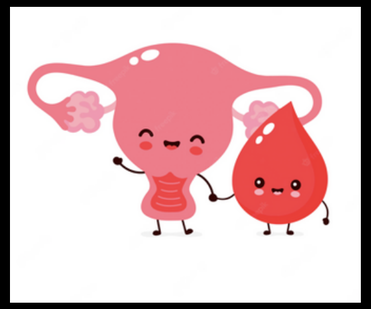


Reproductive system: Uterus

Immediately after delivery up to 3 weeks postpartum, the uterus is sensitive to oxytocin. For multiparous women, uterine contractions may be more intense than from primiparous.

Reproductive system: Uterus

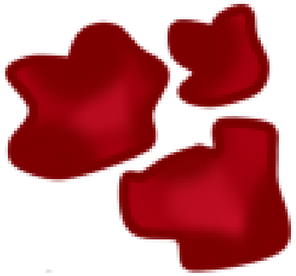
For multiparous women, uterine contractions may be more intense than from primiparous.

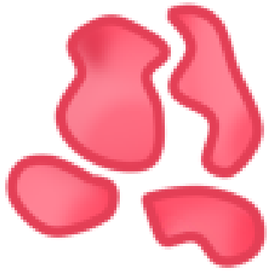


Reproductive system: Uterus

Breastfeeding may intensify uterine contractions

Reproductive system: Lochia





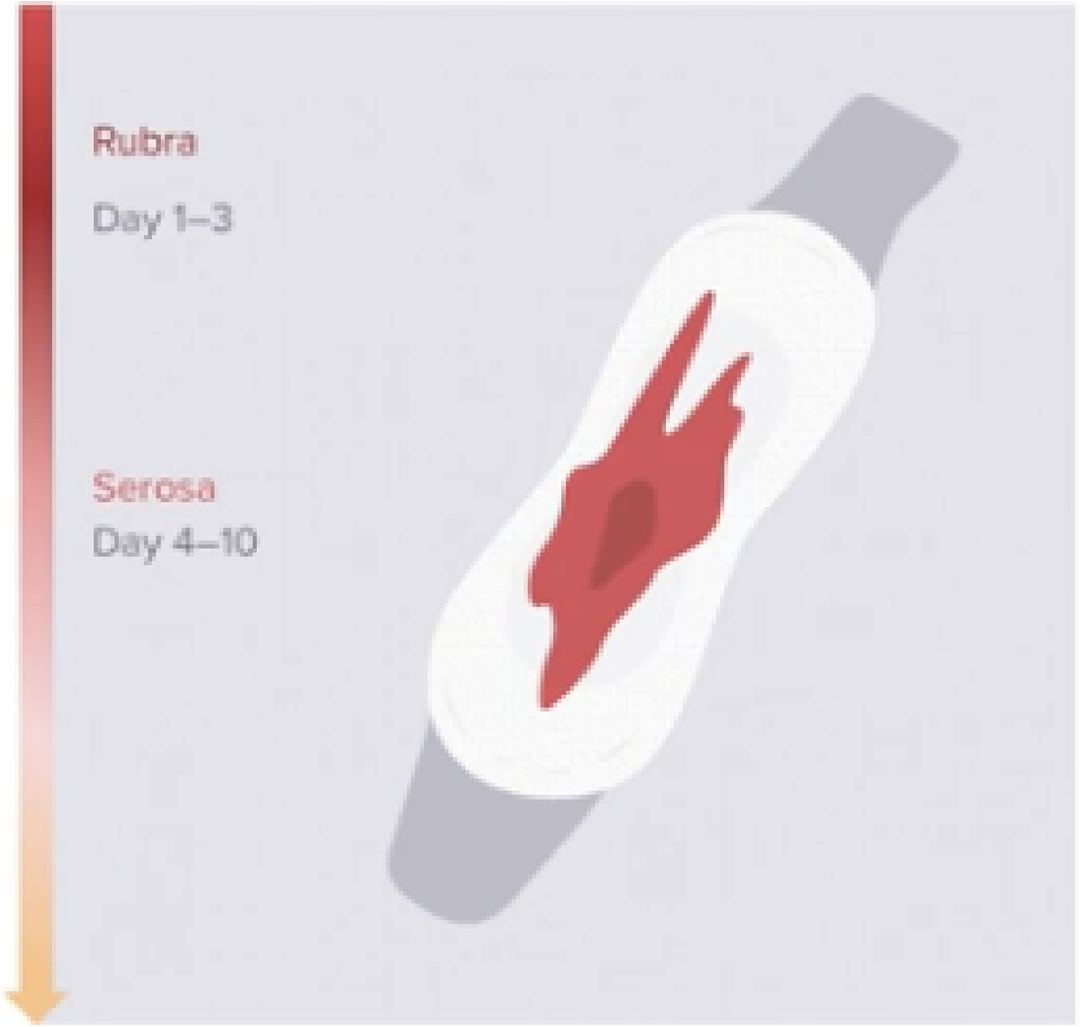
Lochia persists for up
to six weeks
postpartum

Reproductive system: Lochia

Bright red bleeding, known as lochia rubra is present on days 1-3

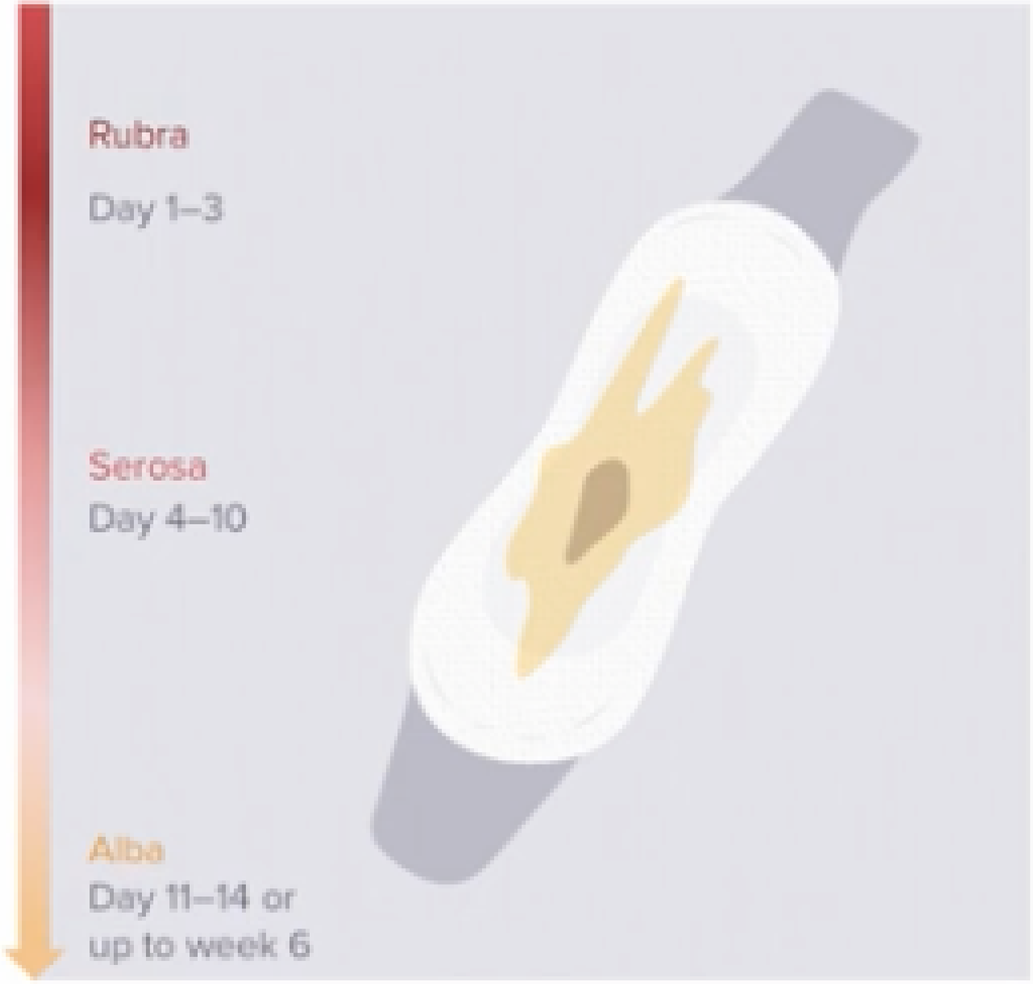
Reproductive system: Lochia

Lochia serosa is pinkish bleeding and is noted in days 4-10

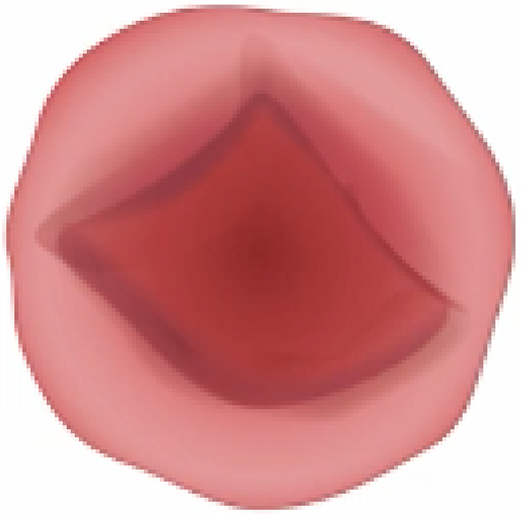


Reproductive system: Lochia

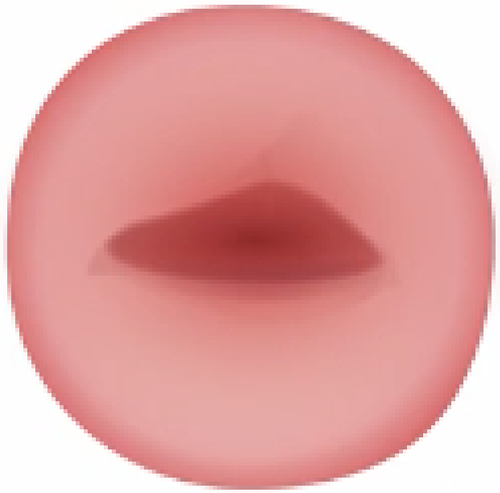
Alba is whitish yellow and is tipically present days 11-14 but can continue up to 6 weeks postpartum



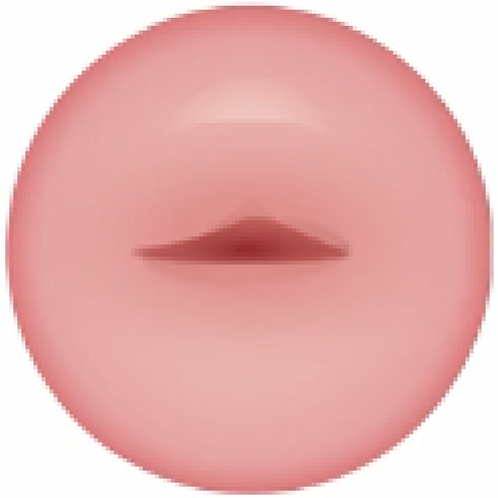
Reproductive system:Cervix



After vaginal delivery: cervix is immediately soft and bruised



2–3 days postpartum: cervix is usually firm, regained its normal shape



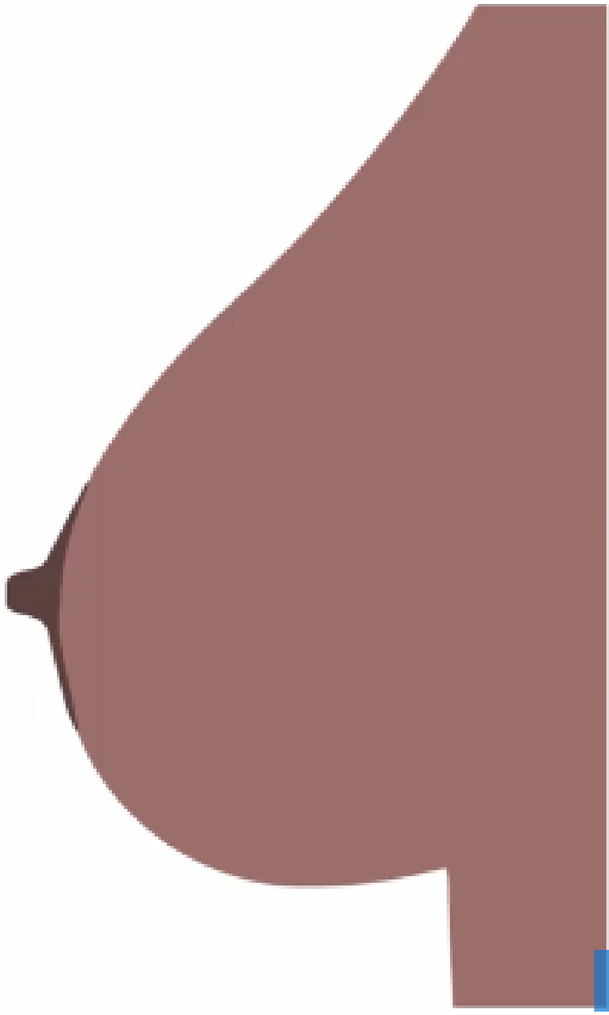
1 week postpartum: cervical os* may be decreased to 1 cm

Reproductive system: Breast

Collostrum is yellow and slightly thick milk that is present up to 72-96 hours after birth.

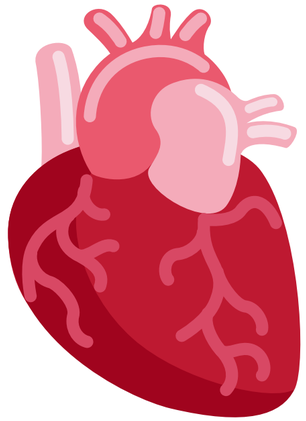
Reproductive system: Breast

The breast will become heavier and fuller. The breast may become engorged or nodular from the milk.

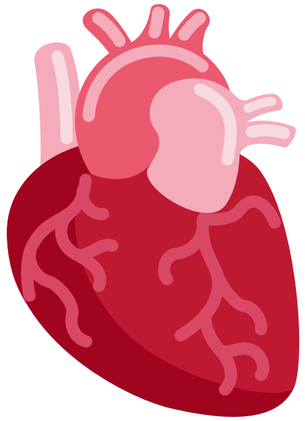


Reproductive system: Breast

Engorgement is very unconfortable and ay result in a slight increase in maternal temperature.

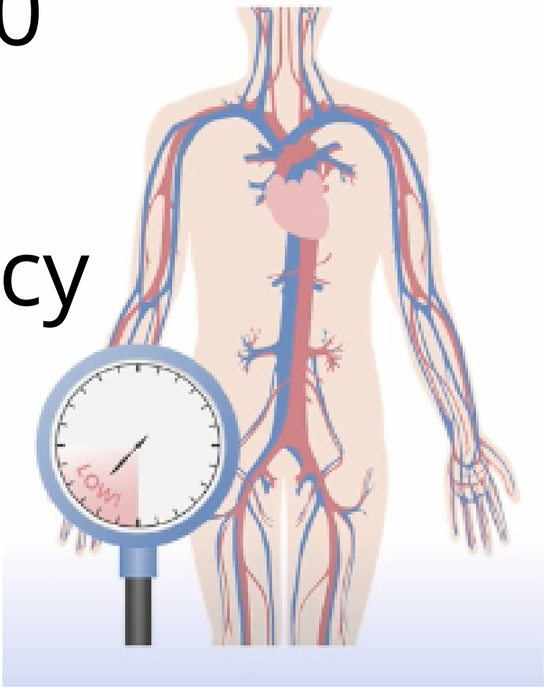


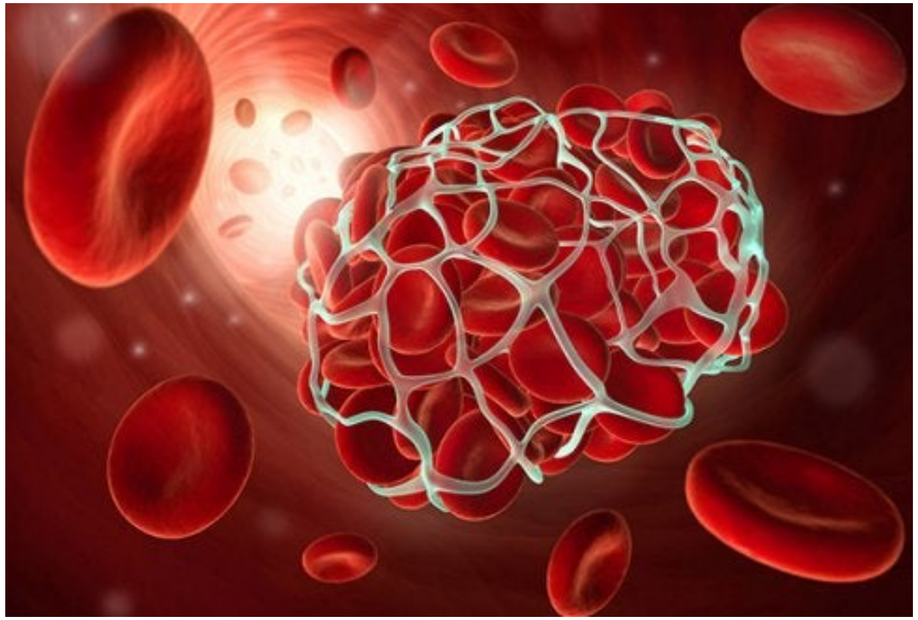
Cardiovascular system



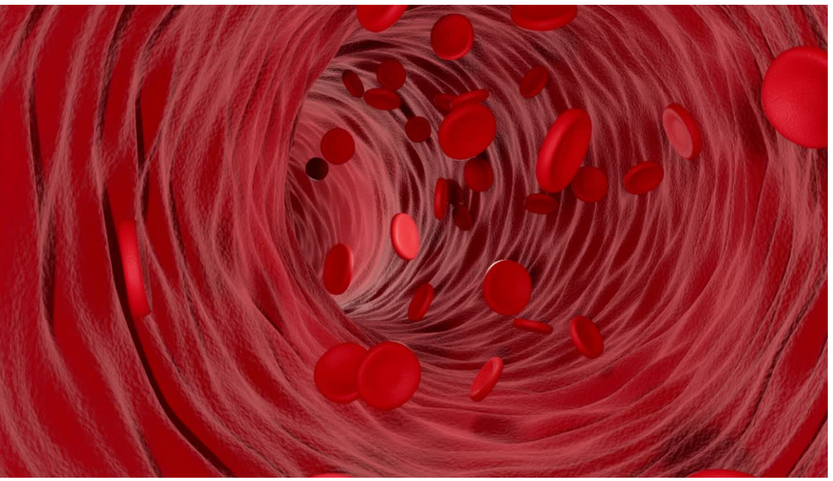
Cardiovascular system

- The plasma volume is reduced by 1000 ml.
- The elevation in pulse during pregnancy decreases about one hour after delivery.
- The heart rate may be as low as 40-50 bpm





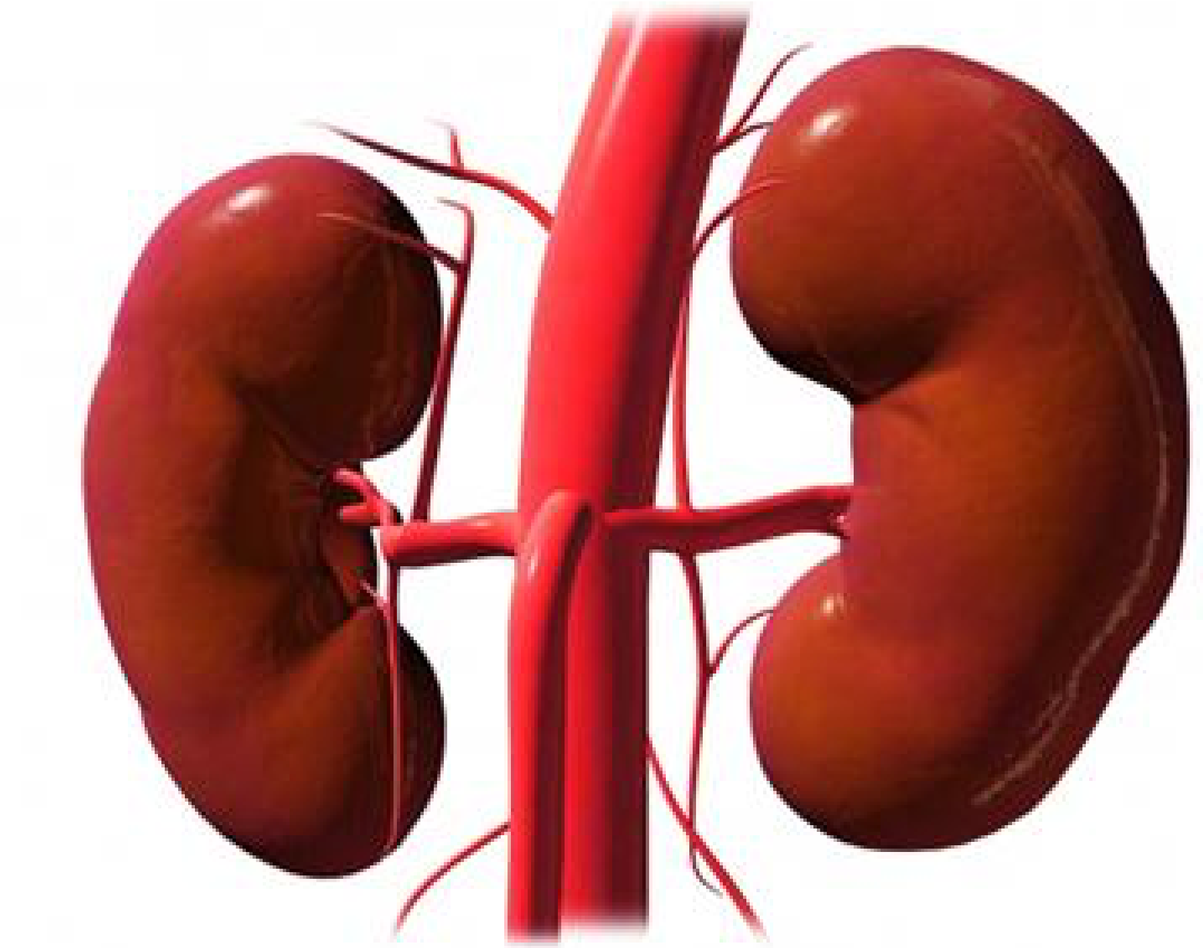
Hematological system



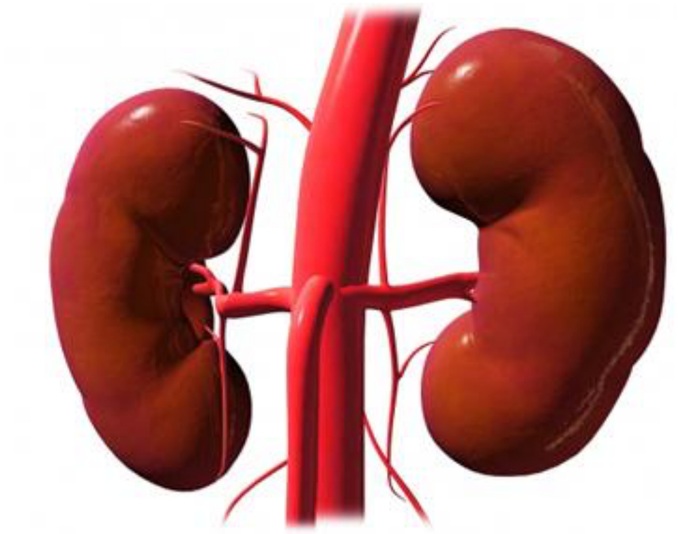
- Hematocrit drops during the first 3-4 days, eventually stabilizing by 8 weeks.
- White blood cell count up to 25000/m3 is normal.
- Coagulation and fibrinogen levels increase and will normalize by 2-3 weeks postpartum.

Endocrine system

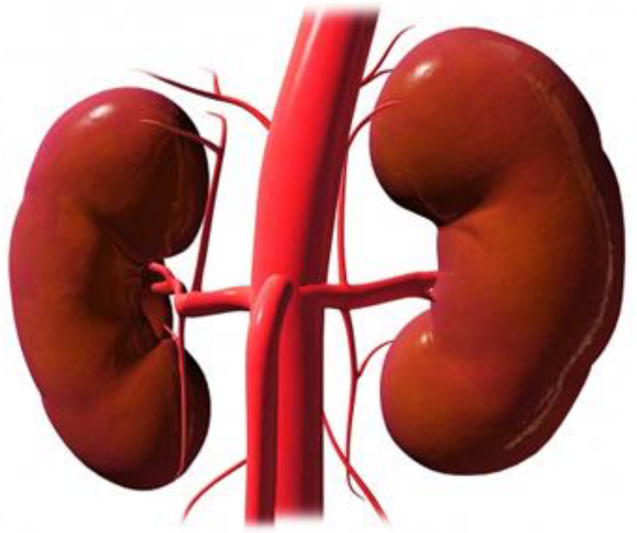
- Prolactin levels will remain elevated if the woman is breastfeeding.
- If she is not lactating, prolactin levels will return to normal by 3 weeks postpartum.
- Without lactation, ovulation may return in as soon as 45 days.
- Ovulation may be delayed by as much as 6 months for breastfeeding women.



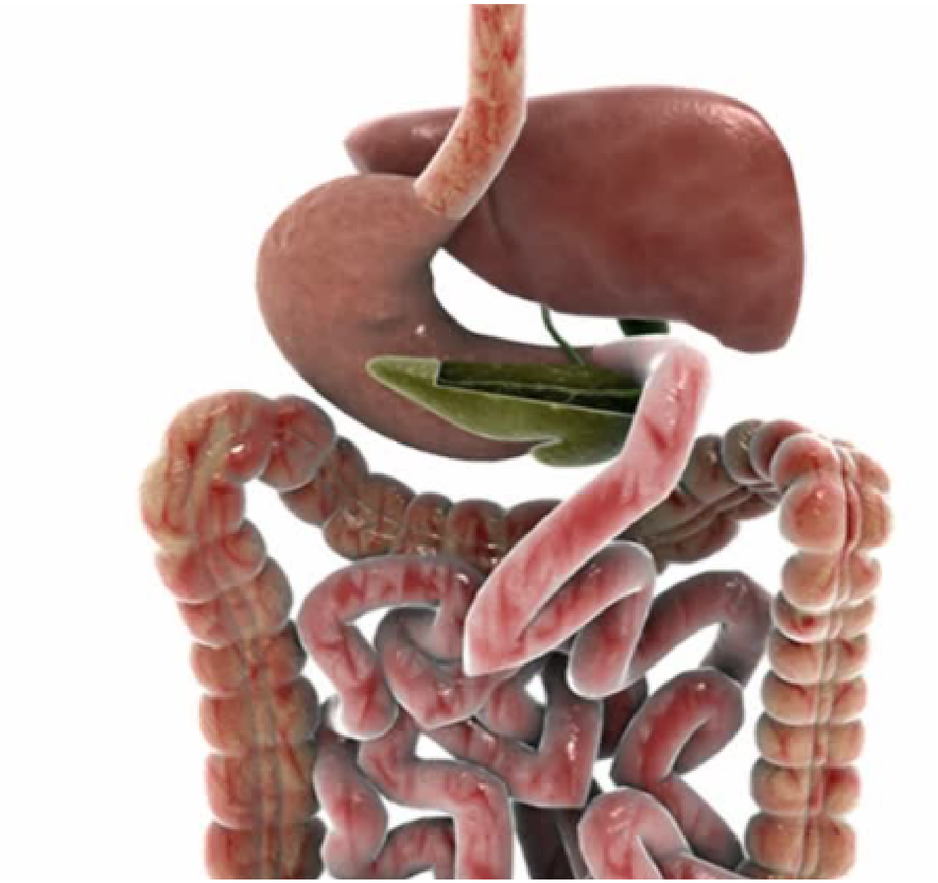
Renal System



- Diuresis is normal after 12 hours postpartum.
- Glomerural filtration rate remains elevated for a few weeks postpartum returning to normal.



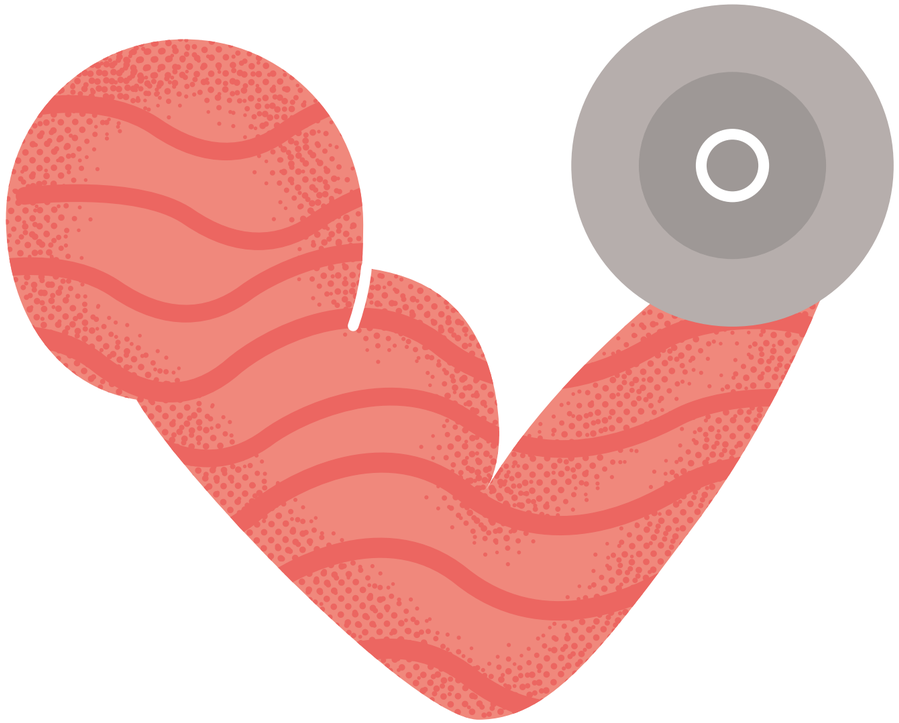
The ureters and renal pelvises that were dilated in pregnancy under the influence of progesterone will return to normal 6-8 weeks postpartum



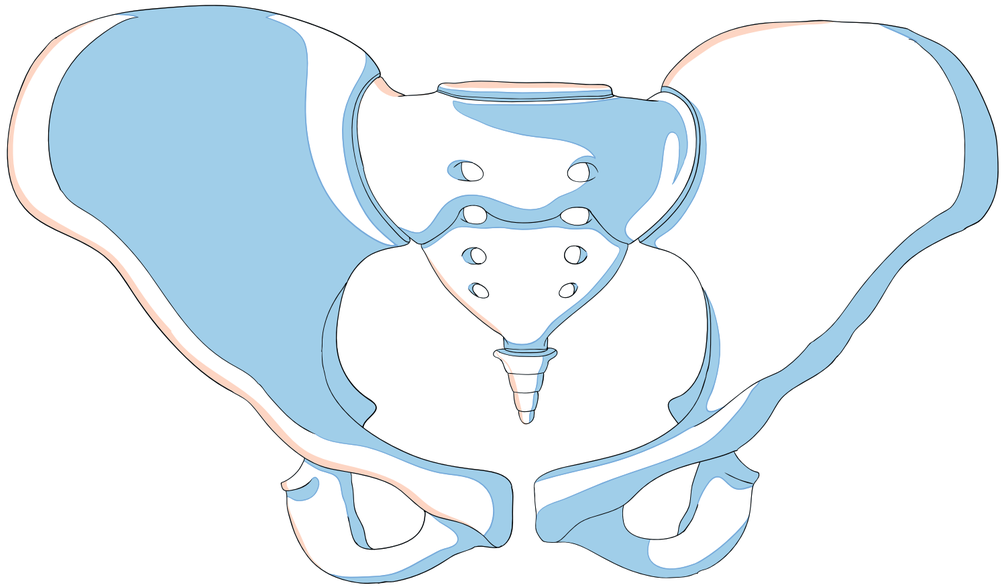
Gastrointestinal system

Women may experience an increase in appetite after delivery

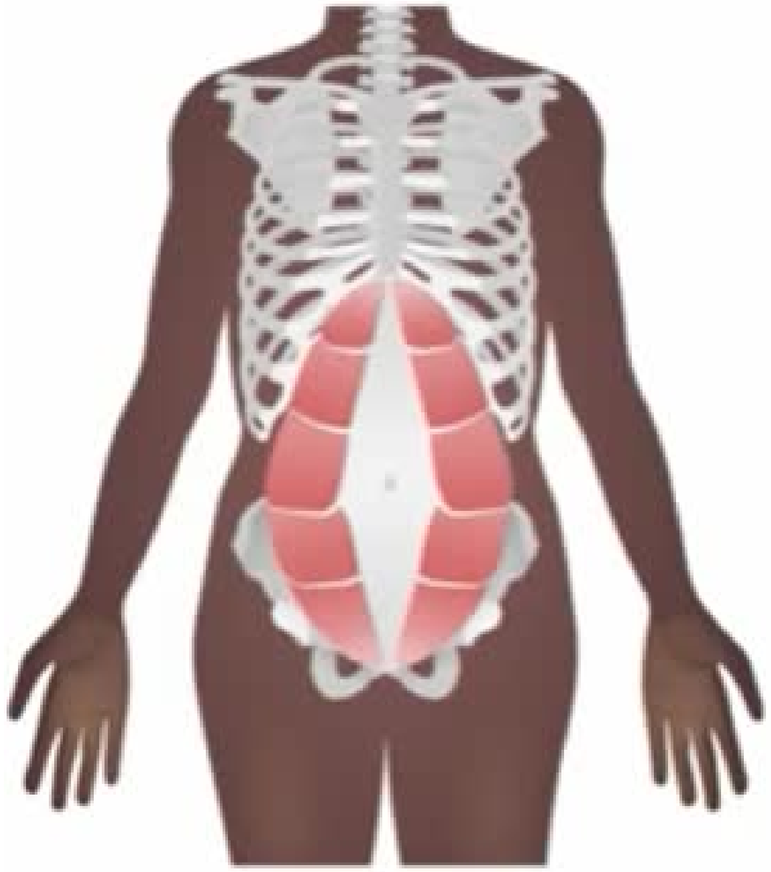
Bowel movement may get delayed 2-3 days postpartum because of decreased peristalsis, emptying during labour, or side effects of pain medications



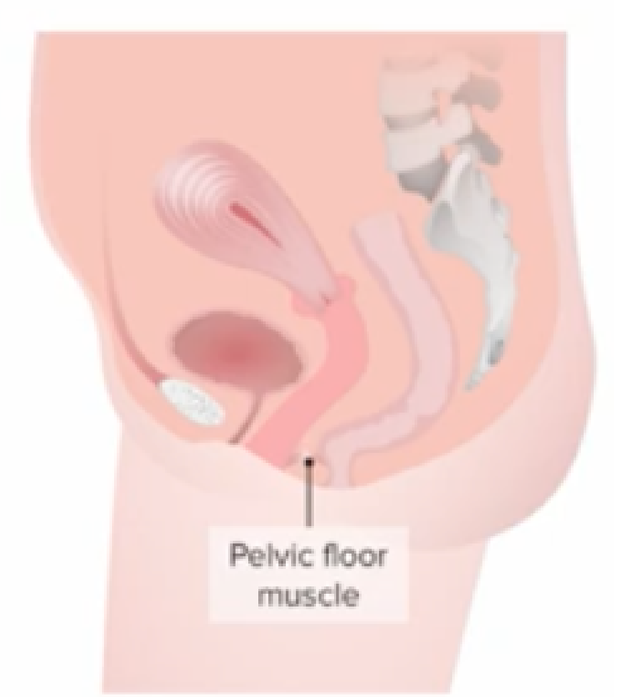
Musculoskeletal System



The hormonal influence on the joints is completely reversed by 6-8 weeks postpartum.



The rectum muscle returns to normal by 6 weeks.



The pelvic floor muscle (pubococcigeus) Should return to normal by 6 weeks.

Mind

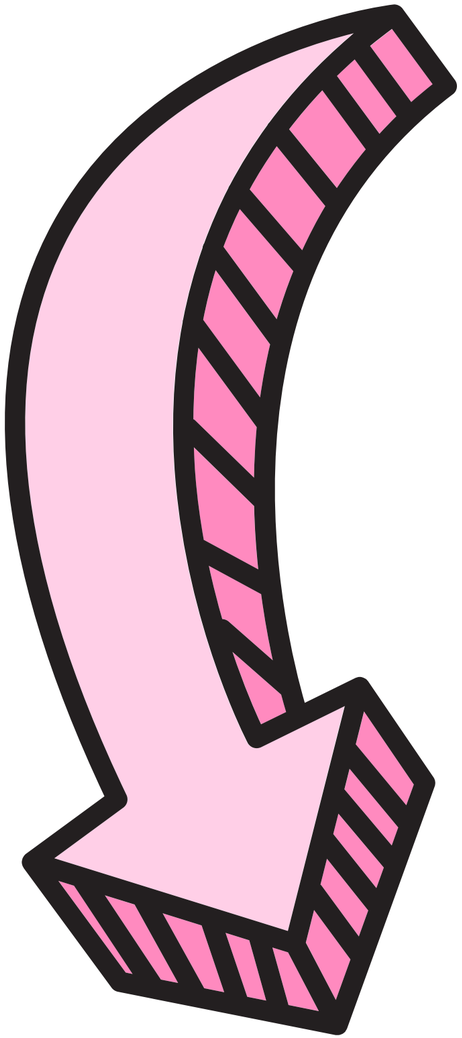
Psicological adaptation

Baby blues are normal, about 80% of women experience transient moments of feeling anxious or overwhelmed. These symptoms should dissapear within 2 weeks.

Psicological adaptation

Any feeling of sadness beyond 2 weeks should be assessed for postpartum depression.

Phases of Psicological adaptations



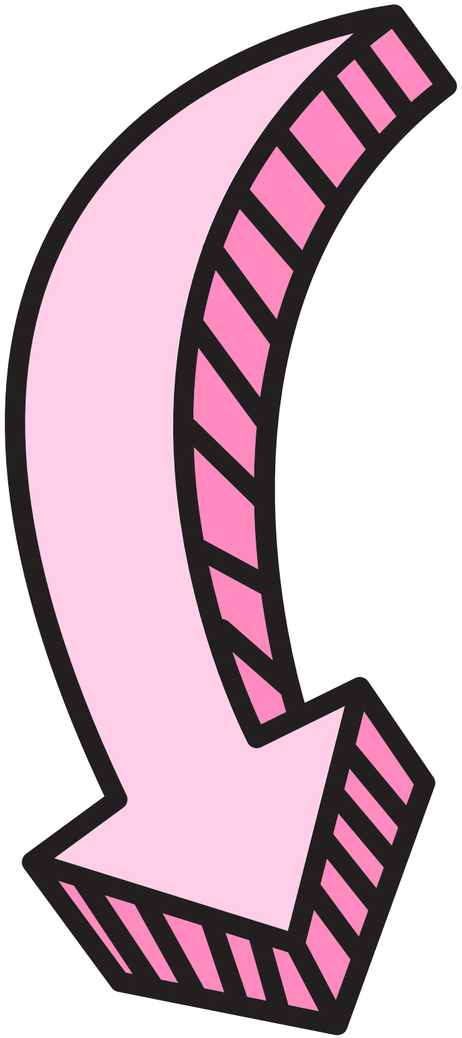
Taking in

During this fase, women are oriented primarily to her own needs. The primary focus is on sleeping and eating. They may be quite passive and dependent.

Taking hold

Letting go

Phases of Psicological adaptations



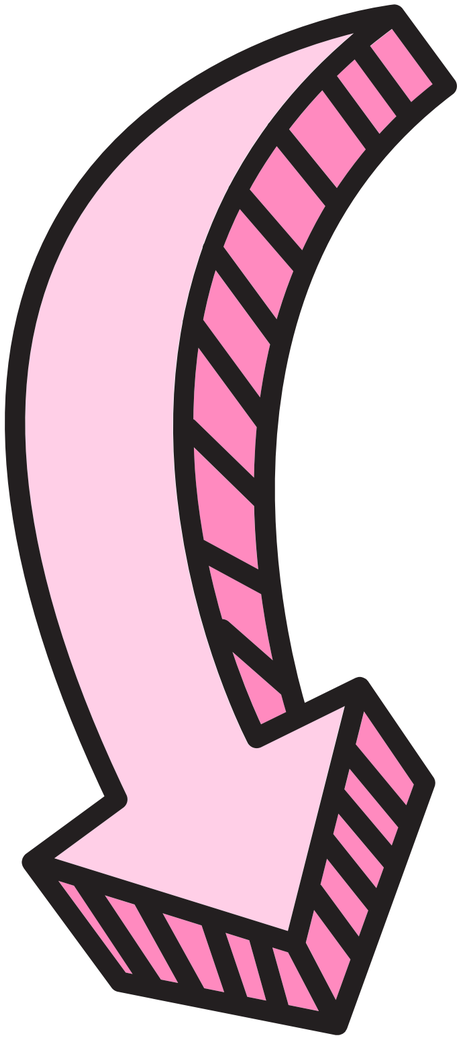
Taking in

Taking hold

During this fase, women strive for independence and autonomy. They begin to take care of the baby independently.

Letting go

Phases of Psicological adaptations



Taking in

Taking hold

Letting go

Generally, this phase occurs when women return home. At this stage, they fully accept that the infant is dependent on them, and they relinquish a former childless status and freedom.

icorrales@us.es

Fundusze Europejskie Wiedza Edukacja Rozwój
Rzeczpospolita Polska
NAWA
Unia Europejska Europejski Fundusz Społeczny