



### Trust your instincts

Always get medical care if you are not feeling well or have questions or concerns.

While you are in the hospital, if you have any questions or concerns, please reach out to your care team. We are here to support you.



### Sentara Maternity Services

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## Combating maternal mortality: “I gave birth”

### What are “I gave birth” bracelets?

Mortality rates among postpartum mothers are rising across the nation. Sentara has introduced a proactive measure by providing new mothers with bracelets to wear after childbirth.

These bracelets serve as a visual reminder of the potential medical risks postpartum women face and help alert medical staff to the unique needs of these patients.



## Post-birth warning signs

Most women and postpartum people who give birth recover without problems. But anyone can have a complication for up to one year after birth. Learning to recognize these post-birth warning signs and knowing what to do can save your life.

### Call 911 if you have:

- **Pain in chest**
- **Obstructed breathing or shortness of breath**
- **Seizures**
- **Thoughts of hurting yourself or someone else**

### Call your healthcare provider if you experience any of the following symptoms:

- **Bleeding**, soaking through one pad an hour, or blood clots the size of an egg or bigger
- **Incision that is not healing**
- **Red or swollen leg that is painful or warm to touch**
- **Temperature of 100.4°F or higher or 96.8°F or lower**
- **Headache that does not get better, even after taking medicine, or bad headache with vision changes**

If you can't reach your healthcare provider, call 911 or go to an emergency room.

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest**, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself** or someone else may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing**, increased redness or any pus from episiotomy, vaginal tear, or C-section site may mean an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher or 96.8°F or lower**, bad smelling vaginal blood or discharge may mean you have an infection.
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia.

If you experience any of these post-birth warning signs, tell your healthcare provider:

"I gave birth on *(date)* and I am having *(specific warning sign)*"

