



Arkansas Center for
Women & Infants' Health
A PROGRAM OF UAMS

Your pregnancy is over, but your **healing** isn't.

You're **still at risk for complications** up to a year after giving birth.
Keep paying attention to your body.

Seek urgent care if you have any of these symptoms:

- Fever of 100.4°F or higher
- Severe headache that won't go away
- Dizziness or fainting
- Vision changes
- Trouble breathing
- Chest pain or fast-beating heart
- Swelling, redness, or pain in your leg
- Extreme swelling of your hands or face
- Severe belly pain that doesn't go away
- Severe nausea and throwing up
- Heavy bleeding
- Extreme tiredness
- Thoughts of hurting yourself or your baby



Talk to a nurse: **866-273-3835**

Learn more about postpartum
recovery at myarkansasbirth.org.