

Friday Health Plans

Postpartum Care Visit



Elements of Visit	Vaginal Delivery ¹	C-Section/ Complicated Gestation ²	C-section Delivery ³
1. Interval History	√	√	√
2. Pain/ Infection/Endometritis	√	√	√
3. Height/Weight/BMI	√	√	√
4. Blood Pressure/HR	√	√	√
5. Abdominal Exam	√	√	√
6. Pelvic Exam			
7. Blood Loss/ Endometritis/Thromboembolic Event	√	√	√
8. Episiotomy Repair Evaluation	√		
9. Urinary/Fecal Incontinence/Retention/Constipation/Hemorrhoids/Pelvic Floor/Pelvic Floor Rehabilitation	√	√	√
10. C-Section Incision Evaluation		√	√
11. Uterine Involution	√	√	
12. Breast Exam	√	√	√
13. Breast Feeding Techniques, Infant Feeding Plans, Return-To-Work	√	√	√
14. Immunizations & Review	√	√	√
15. Preconception/Contraception/Sterilization Counseling/Elective Procedures	√	√	√
16. Postpartum Depression Screening/Psychosis/Post-traumatic stress	√	√	√
17. Sexuality	√	√	√
18. Acute (i.e., Gestational Diabetes) and chronic conditions (i.e., Thyroid, Hypertension)	√	√	√
19. Baby and Mother Nutrition (WIC)	√	√	√
20. Travel: Zika, COVID-19	√	√	√
21. Intimate Partner Violence	√	√	√
22. Smoking/Alcohol/Drugs	√	√	√

¹ Initial follow up within first 3 weeks can be in person or phone but comprehensive visit in person should occur within 12 weeks after delivery.

² Initial follow up 7-14 days in person, comprehensive visit in person should occur within 12 weeks after delivery.

³ Initial follow up within first 3 weeks can be in person or phone but comprehensive visit in person should occur within 12 weeks after delivery.

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23. Counseling for Specific Health Conditions (Chronic and New Onset, such as Venous Thrombosis Prevention)	√	√	√
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⁴ References:
Optimizing Postpartum Care. ACOG Committee Opinion. Number 736. The American College of Obstetricians and Gynecologists. Women's Health Care Physicians. May 2018.
Overview of Postpartum Period: Physiology, Complications, and Maternal Care. UptoDate. Mar 2020.
Postpartum Care: An Approach to the Fourth Trimester. American Academy of Family Physicians. 2019 Oct 15; 100 (8): 485-491.
Postpartum Contraception: Counseling and Methods. UptoDate. April 2019.
The Preconception Office Visit. UptoDate. Mar 2020.