

# After Your Baby is born: Get Your Postpartum Checkup

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Being healthy is a gift to your baby. Postpartum means the first 3 to 8 weeks after your baby is born.

## What is a Postpartum Checkup?

A postpartum checkup is a doctor's visit to make sure you are in the best physical and emotional health after your baby is born. It is important to have this checkup even if you feel fine, have had kids before, or had a checkup 1 to 2 weeks after your baby was born.

## What Will the Doctor Do?

- Make sure you are healing well.
- Treat any problems found while pregnant or during birth.
- Check your weight and blood pressure.
- Talk to you about family planning, birth control and any concerns you may have.

## When Do You Go for Your Checkup?

- If you had a vaginal birth, 3 to 8 weeks after your baby is born.
- If you had a C-section, 1 to 2 weeks and again at 3 to 8 weeks after your baby is born.

## What Should You Talk to Your Doctor About?

- Your feelings and any changes with your body
- When your period will come back
- Food and exercise guidelines
- When you can have sex
- Your breastfeeding status
- Feeding your baby
- When you can return to work

**Quick Tip:** Ask your family and friends to remind you to go back to your doctor for this checkup.

## Now That Your Baby Has Arrived

- Remember **Safe to Sleep**<sup>®</sup> always have your baby sleep on his or her back. Do not use blankets, pillows, or bumpers. Never sleep on the same bed with your baby.
- For the first 6 months, try breastfeeding your baby without giving other liquids such as formula or water. Begin solid foods at 6 months. You can continue to breastfeed through the first year and beyond.
- Make an appointment with your baby's doctor for his or her first newborn health check-up.
- Protect your baby by getting vaccines on time! Your baby needs important vaccines at baby's 2-month, 4-month and 6-month checkups.
- Take care of your needs after birth. Do not forget to schedule your postpartum check-up. Eat healthy and rest. Get help right away if you feel sad, anxious or depressed.
- Plan for your health. Getting pregnant soon after birth can be risky to you and your baby.

If you need help to see your doctor or get a ride to your checkup, call the health network number on your ID card. They will work with you to get the care you need.



## Resources

<b>CalOptima Customer Service</b>	<b>1-714-246-8500</b> or TDD/TTY users can call <b>1-888-587-8088</b>
<b>CalOptima Health Education</b>	<b>1-714-246-8895</b> or TDD/TTY users can call <b>1-888-587-8088</b>
<b>CalOptima Nurse Advice Line</b>	<b>1-844-447-8441</b> or TDD/TTY users can call <b>1-888-587-8088</b>
<b>Text4Baby</b> <b>1-888-587-8000</b> www.caloptima.org	No-cost text message reminders with information for pregnant moms and babies.
<b>MOMS Orange County</b> <b>1-800-787-8000</b> www.momsorangecounty.org	MOMS provides a monthly Home Visit Program and Mommy & Me Classes. Callers can also get breastfeeding advice.
<b>OC Postpartum Wellness Program (OCPPW)</b> <b>1-714-480-5160</b> www.ochealthinfo.com/pi	A group for new moms, up to one year after childbirth, who are suffering from depression, due to the recent birth of their child.
<b>Orange County 2-1-1</b> <b>2-1-1 or 1-800-600-4357</b> www.211oc.org	List of community resources to help with basic needs like food, shelter and clothing. 24 hours a day, 7 days a week
<b>Orange County Behavioral Health Information and Referral Line</b> <b>1-855-OC-LINKS</b> <b>1-855-625-4657</b> www.ochealthinfo.com/bhs/about/pi/oclinks	Phone and online support services for children and adult mental health, alcohol and drug inpatient and outpatient, crisis programs, prevention and early intervention services
<b>Orange County Health Referral Line</b> <b>1-800-564-8448</b>	Help getting access to health services and community resources.
<b>Women, Infants and Children (WIC)</b> <b>1-888-968-7942</b> <b>1-888-942-9675</b>	Provides checks for healthy supplemental food, nutrition education and breastfeeding support. Must meet income and other guidelines.
<b>March of Dimes-Orange County Division</b> <b>1-949-263-1100</b> www.marchofdimes.org	Information on pregnancy, childbirth, and self care after birth.
<b>Poison Control</b> <b>1-800-222-1222</b>	Quick, free and expert treatment advice and phone referral in case of exposure to poisonous or toxic substance.
<b>Safe to Sleep®</b> <a href="http://www.nichd.nih.gov/sts/Pages/default.aspx">http://www.nichd.nih.gov/sts/Pages/default.aspx</a>	Resources for parents and health care providers about safe sleep for babies
<b>Healthy Children</b> www.healthychildren.org	Tips for parents from the American Academy of Pediatrics
<b>Women's Health</b> www.womenshealth.gov	Facts on staying healthy for women at any age.