

2 Week Visit

- Check on birthing parent's well being
 - How are they emotionally, physically, resting, nursing, settling into life, any issues
- Physical checks on birthing parent
 - Vitals – temperature, pulse, blood pressure
 - Breasts –clogged ducts, nipple cracks or blisters
 - Uterus – involution, pressure
 - Lochia – color, amount, increased, decreased, odor
 - Perineum – if indicated, healing of stitched area
- Recommendations
 - If bleeding has increased or changed back to red, you are doing too much and need to slow down
 - If still feeling pressure, visit to pelvic floor therapist may be indicated
- Physical checks on baby
 - Vitals – heartrate, respirations, temperature
 - Weight check – gaining, losing, stable
 - Skin –wrinkling, peeling, diaper rash
 - Nursing – how often, how long, latch, thrush
 - Elimination – urinating and bowel movements regularly
 - Sleep – awake and sleep times
 - Penis - if circumcised
- Recommendations
 - Continue to nurse on demand unless baby is losing weight
- Discuss birth if you haven't already
- Handouts/Information
 - EPDS if indicated
 - Pelvic floor therapy
 - Support groups
 - How and when to contact the midwife

References

Davis, E. (1997). Heart & Hands: A midwife's guide to pregnancy & birth. (3rd ed.). Celestial Arts.

Lim, R. (2001). After the baby's birth: A complete guide for postpartum women. (revised ed.). Celestial Arts.