

---

## Common Health Issues Faced By New Mommies

So you are back home with the best reward of your life from hospital. This was the day you were waiting for in all the nine months of pregnancy. Stand in front of the mirror you will see a winner. Stretch marks are proof of a battle won. Most scriptures say that giving birth is no less than a miracle, it is a new birth for lady herself. With every battle fought there will be scares and injuries which heal with time. We are with you to share the list of common health issues faced by mommies in post partum phase and how to tackle them:

1. **Stitches:** For ladies undergoing C-Section stitches are a nightmare. Science comes to rescue here as self dissolving strings are used in most places and within a month stitches convert to mere scares. A sign of achievement and victory for womanhood. For the ladies who had natural delivery nothing to worry.
2. **Vaginal Bleeding:** Immediately after delivery periods starts which usually slow down by end of two three weeks, however light or intermittent bleeding might continue upto six weeks. Worried what exactly is happening? This blood is known as lochia. That's how your body gets rid of the extra blood and tissue in your uterus that helped your baby grow. Usually this discharge last upto 2 weeks. However excess bleeding with foul small big clots are worth noting and mentioning to doctor. If you experience blurry vision and low BP immediately rush to the hospital.
3. **Breast Engorgement:** All your life you wanted bigger boobs and voila here they are. Jokes apart, after delivery from 3-4 day onwards milk supply increase in breasts. And it is quite possible that your breast gets full with milk and becomes rock hard, this is called engorgement. To avoid engorgement pains, try and feed baby in shorter intervals. Till the time baby can consume all the milk you can express the excess milk from your breast. Application of ice packs or hot towels soothe engorged breasts. Discharging milk is very important otherwise you might feel uneasiness and fever.
4. **Sore Nipples:** As a new mother you cherish that beautiful bond that establishes between you and child during breast feeding. However at times it often leads to sore nipples. That's mainly because latching might not be proper. If the pain persist and little one continues to nibble then you can use silicon nipples. To heal the dryness application of milk cream helps as it is natural and chemical free plus it is safe for the baby as well.
5. **Stretch Marks:** Stretch marks are signs of victorious journey you endured. They fade gradually changing colors in course. They don't vanish completely though.
6. **Skin Problems:** Since hormonal levels are undergoing major changes post delivery you might face a few skin issues. Important thing to reminder is to relax and not worry much. Home remedies come to rescue for these issues. Regular application of unpasteurized milk helps in lightening skin. Papaya packs also do wonders to skin.

---

### Need help with the assignment?

Our professionals are ready to assist with any writing!

**GET HELP**

- 
7. Hair Loss: Hormonal changes, reduced sleeping hours, stress, tiredness et all is what is causing the loss of those lovely tresses. Hair loss in post partum may take upto 1 year to get ok. Dont worry please. Get a beautiful hair cut, eat a balance diet, get your share of beauty sleep(match your sleep cycles with your kid's) and this will be sorted gradually. Best part about hair is if you stop worrying then also not bothering you by going back to their beatiful self.
  8. Discomfort in Sex: Sex should be avoided for 3 months. Vagina as we know has stretched itself so much so that the baby can pass though it and it needs its time to retract and become thebeautiful little pussy it was :). One of the comments I heard during sex was your vagina is no more tight it has become like a parking lot! Dont worry few, vagina tightening exercises can be performed to get it set.
  9. Depression: Also know as "Baby Blues", is experienced by most women. This is the biggest issue of all the ones stated so far. This feeling is mostly caused by hormones and exhaustion. The feeding schedule, lack of adequate sleep, and anxiety can all result in mood swings and crying for no apparent reason. It can take two to three months to recover from this phase. Please don't be shy in sharing your feelings with spouse and family. Go out for small dates with spouse and take up some hobby and avoid loneliness. Looking after baby is important butdont forget to take care of yourself.
  10. Weight Issues: Give your body chance to relax and let it heal. We are no movie stars that all the pregnancy weight has to be lost in a jiffy. Start walking post 1 month of delivery. Gradually increase time and the speed. Incorporate Yoga in routine as it will give mental relaxation.
  11. Back pain: Post delivery lot of mothers complain of back pain. After delivery stomach muscles become very loose and become fabby. All this extra weight creates issue for the back which leadsto back pain. In order to set this right postpartum belts come to rescue. If belt cant be arranged for in time, tightly wind a long piece of cloth around belly and back.
  12. Nutrition: All the inhibitions that you had because of the pregnancy would gradually go away but still it does not allow you to munch on anything that you wish to. More sensible nutritionplan has to be created so that you get all the necessary nutrients you need for healing and milk production. Remember your body is a temple and in temple you don't offer junk. Remember life is beautiful and everyday comes up with a new challenge and passes by giving beautiful memories. Life post baby changes. Make all the moments picture worthy.

---

## Need help with the assignment?

Our professionals are ready to assist with any writing!

[GET HELP](#)