

## Postpartum Vital Signs

BABY	FIRST 24 HOURS				DAY 2	DAY 3	DAY 4
Check the following every 4 hours for the first 24 hours, then once a day for the next 3 days.							
TEMPERATURE: Normal range (axillary or underarm) 96 to 98 degrees.							
RESPIRATIONS: Normal range 30 to 60 per minute day of birth, 30 to 40 thereafter.							
PULSE: Normal range 120 to 160 per minute. Some variability normal.							
ELIMINATION: Make a check mark for each bowel movement .....							
each wet diaper .....							
MOTHER	FIRST 24 HOURS				DAY 2	DAY 3	DAY 4
Check the following every 4 hours for the first 24 hours, then twice a day for the next 3 days.							
TEMPERATURE: Normal range (oral) 96 to 99 degrees.							
PULSE: Not to exceed 100 per minute twice in 1 to 2 hour period.							
UTERUS: Should feel round and firm, size of grapefruit, at or below navel.							
LOCHIA: Normal flow is similar to heavy menstrual period (soaking not more than 1 pad every 2 hours after the first day).							

### \* Areas of Concern \*

If any of the following signs occur in the mother or baby, or if you are worried about anything, call the appropriate caregiver.

#### \* Baby \*

#### TEMPERATURE:

- Axillary (underarm) temperature of less than 96 or greater than 98 degrees after clothing and room temperature have been adjusted.
- Baby's temperature keeps changing even when room temperature and clothing remain the same.

#### RESPIRATION:

- Fewer than 30 or more than 60 breaths per minute while resting.
- Labored breathing with grunting, retraction of the ribs, or flaring of nostrils.

#### PULSE:

Pulse outside the normal range of 120 to 160 /min.

#### ELIMINATION:

No passage of urine or stools in first 24 hours after birth.

#### FEEDING:

Baby should nurse every 1-2 hours, to establish milk.

#### OTHER SIGNS:

- Excessive sleepiness-- sleep periods lasting longer than 6 hours after the first day.
- Hyper-irritability or extreme reaction to ordinary stimulation like diaper changing, picking him up, etc.
- Jaundice on the first day of life.
- Poor feeding, not at all interested in feeding, or exhausted by it.

#### \*Mother \*

#### TEMPERATURE:

Fever above 100.4 after drinking lots of fluids.

#### PULSE:

Pulse greater than 100 per minute while resting occurring twice in 1 to 2 hours. Call caregiver immediately after first time if accompanied by heavy bleeding.

#### LOCHIA:

- Heavy bleeding--soaking large pads in less than 2 hours after the first 24 hours.
- Passage of tissue, or foul smelling discharge.
- Persistent passage of clots larger than an egg.

UTERUS: Uterus remains soft, does not respond to massage.

#### OTHER SIGNS:

- Fainting; severe headache; severe pain in abdomen, legs or chest; spots before the eyes.
- Feelings of despair, great anxiety, or inability to cope.

#### Supplies for Baby and Mother

You will need the following items in addition to the usual baby supplies:

Thermometer (for baby)	Oral thermometer (for Mom)
Clock with second hand	Sanitary napkins
Q-Tips	Nourishing tasty food & drink
Bulb syringe	Good book on newborns
Rubbing alcohol	Good book on breastfeeding

#### \* Telephone Numbers \*

Mother's caregiver:

*Ellie Jasmer 209-533-2300, pager 588-*

Baby's caregiver:

Breast feeding Consultant:

Childbirth Educator:

Public Health Nurse:

Home Visit Nurse:

Hospital: *SRMC*  
*536-5000*