

# Your postpartum journey

Tips and reminders for a healthy recovery for both you and your baby.

## For you

- ☐ Schedule your postpartum follow-up appointment
- ☐ Pick up your prescriptions
- ☐ Complete your blood pressure check as directed
- ☐ Enroll in the Virtual Blood Pressure Program (if recommended)
- ☐ Schedule any specialty appointments (e.g., wound care, other needs)
- ☐ Watch for postpartum warning signs:
  - o Heavy bleeding
  - o Severe pain
  - o Chest pain or shortness of breath
  - o Fever or infection
  - o Feeling very sad, anxious, or overwhelmed
- ☐ Access to mental health and recovery support (including substance use care)

## For your baby

- ☐ Schedule your baby's first pediatric appointment
- ☐ Practice safe sleep: Always on their back, in a crib, without extra blankets or pillows
- ☐ Get your baby's birth certificate—our staff can guide you through the process
- ☐ Add your baby to your health insurance as soon as possible

We're here for you every step of the way. If you have questions or need assistance with scheduling your appointments and connecting you to the right resources, contact Women's and Infants' Services Obstetrics and Gynecology at MedStar Washington Hospital Center at **202-877-7101**.



**D.C. Safe Babies  
Safe Moms.**

**It's how we treat people.**