

A las **seis semanas** posteriores al nacimiento del bebé, se le llama **puerperio**, y es cuando tu cuerpo regresa a la normalidad.

Acude con tu médico entre **7 y 14 días** después del parto.



Los datos de **alarma** durante el puerperio son:

- ⇨ Sangrado vaginal abundante y con coágulos, en los primeros siete días
- ⇨ Fiebre, escalofríos, loquios con mal olor, dolor en la cadera o en la parte baja del abdomen
- ⇨ Dolor, hinchazón y enrojecimiento de la herida, de la vagina o de los senos.
- ⇨ Hinchazón y dolor en el trayecto de las venas de las piernas

Los primeros días tendrás **cólicos**, ya que tu matriz está regresando a su tamaño. Además tendrás un **escurrimiento por la vagina** parecido a sangre, es normal, se llama **loquios**, e irá desapareciendo poco a poco.

Salvo lo que indique tu médico, **puedes realizar actividad física y alimentarte normalmente**, y retomar las relaciones sexuales al terminar la salida de los loquios.

Ante cualquier signo de alarma, acude inmediatamente a tu UMF

Embarazo Y Postparto

ML Morrison



Embarazo Y Postparto:

Unveiling the Magic of Words: A Review of "**Embarazo Y Postparto**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Embarazo Y Postparto**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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