What is Postpartum Bleeding (PPB)?



LOCIA RUBRA

Days 1-4*

Heavy flow Fresh or dark red May pass clots



LOCIA SEROSA

Days 5-10*

Reduced flow Pink, brown tinged Less clots



LOCIA ALBA

From day 11 to week 6*

Light/no flow Yellowish-white No clots

Lochia or PPB is postpartum vaginal discharge consisting of blood, mucus & uterine tissue. It typically lasts up to 6 weeks after vaginal or caesarean delivery.

What increases bleeding?







Time of day

Increased activity

Breastfeeding

Warning signs

Sudden heavy bleeding

Feeling unwell similar to cold/flu symptoms

Stomach pain

Offensive smell

Large clots (golf ball size)

Seek medical help immediately if you notice any of these symptoms

Do

- Change maternity pads frequently
- 🕢 Rest
- Have regular bathroom trips
- Wear cotton comfortable underwear
- Cleanse perineal area daily & after each bathroom visit
- Use a cold & warm therapy pad to relieve pain

Don't

- (X) Use tampons/menstrual cups
- Overexert yourself

Lansinoh.