



FACULTY OF NURSING SCIENCES

Prepared by-
Mrs Sudharani
Academic Head
Rama University Faculty of
Nursing
Kanpur

**PHENOMENA OF NORMAL
PUERPERIUM
&
CARE DURING PUERPERIUM**

NORMAL PUERPERIUM

“It is the time period after delivery of placenta till 6 weeks, during which the genital organs revert to the almost normal or near normal state both anatomically and physiologically.”

PHENOMENA OF PUERPERIUM

CHANGES IN GENITAL TRACT.

CHANGES IN ABDOMINAL WALL

CHANGES IN CVS

CHANGES IN URINARY TRACT

CHANGES IN BREAST

RETURN OF MENSTRUATION & OVULATION

1.CHANGES IN GENITAL TRACT

CHANGES IN UTERUS:

INVOLUTION

“The process by which the genital organs returns almost to its pre-gravid state is known as involution.”

The following changes takes places:-

1. Decrease in size of uterus as a whole.
2. Reduce in the length of muscle fiber.
3. Shrinkage of vessels.
4. Regeneration of normal endometrium.

Rate of involution:-

- Immediately after delivery till first 24 hours, the uterus will be around 24 weeks size.
- Then after there is gradual decrease in size at the rate of 1.25 cm per day.
- At 14 days the uterus become pelvic organ and not palpable per abdominally.
- By 6 weeks, the uterus become almost normal in size.

Weight of uterus:-

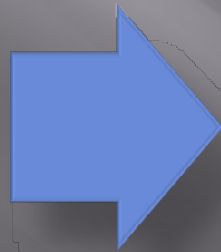
End of labour:-1kg

End of 1st week:-0.5kg

End of puerperium:-70gms

LOCHIA

Lochia:- “vaginal discharge along with decidua, clots and membrane after delivery of placenta during puerperium.”



-it originate from body of uterus, cervix and vaginal. it is fishy odor. Reaction is alkaline first and tends to acidic at end.

Lochia is 3 types:-

Traits	Lochia rubra	Lochia serosa	Lochia alba
Colour	Red	Yellow or pale brown	Pale white
Composition	Mainly RBC, leucocytes, decidua, mucus.	Mainly mucus and serum, few RBC and leucocytes.	Mucus, serous exudates, epithelial cell, leucocytes.
Duration	1-4 days	5-9 days	10-15 days.

Abnormality with lochia:-

1. persistent lochia rubra:- causes secondary PPH due to retained placental tissue and membrane.
2. Offensive lochia:- puerperal sepsis due to E.coli.
3. Scanty serous lochia:- severe streptococcal infection.
4. Suppression of lochia:- obstruction at internal os by clots

2. Changes in abdominal wall

- ▶ Abdominal wall become flat and flabby.
- ▶ Striae gravidarum persist.
- ▶ Proper exercise and massage regain tone

3. Changes in CVS

-increased diuresis → 3-4 l loss

-rise in hematocrit → 5%

-blood volume → reduced by 20%

-cardiac output → normalized by 3-4 weeks

4.CHANGES IN URINARY TRACT

- Edema & hyperemia of bladder mucosa.
- Diuresis for 2-3 days.

5.CHANGES IN BREASTS

- large, full & engorged veins
- first 2 days → colostrum

6.RETURN OF OVULATION & MENSTRUATION

- ▶ Child not nursed: 6-8 weeks
- ▶ Lactation amenorrhea: 2-18 m
- ▶ Lack of stimulation by pituitary gonadotropins
- ▶ Ovulation usually regains after 6 weeks → high risk of pregnancy even in lactational amenorrhea.

Care During Puerperium Or Postnatal Care Of Mother

Early ambulation

Watch for pain, fever & pulse

Diet

Involution of uterus

Lochia

Bowel & bladder

Breast care

Perineal care

Post natal visit

1. Early Ambulation

- put out of the bed: first 24 hrs
- feel better, good bowel & bladder control
- faster involution and early regain of muscle tone

2. Pain, Fever & Pulse

- pain: rule out clot retention, rupture of uterus; analgesics
- - fever: 100f → first 24 hrs urinary or uterine infection
- pulse: > 90/min ; infection, dehydration or shock

Dietary Advice

- ▣ Total Caloric Requirement: 2900kcal/D
- ▣ Protein Requirement: 60 Gm/D
- ▣ High Requirement Of Calcium, Iron, Folic Acid, Vitamins

4. INVOLUTION OF UTERUS

-Regularly Check For Involution Of Uterus

-Delayed Involution: Infection, Retention Of Placental Bits, Clots Retention.

5. LOCHIA

- ▶ Carefully Examine For Lochia
- ▶ Odor, Quantity Should Be Checked.
- ▶ Frequent Change Of Diaper & Frequent Washing Of Genitalia

6.BOWEL & BLADDER

- ▶ Bowel care: early ambulation, high fiber diet, plenty of liquids, regular bowel habit, Snitz bath.
- ▶ Bladder care: void frequently (6-8 hrs), plenty of liquids, catheterization if required.

7. Care Of Breast

- ▣ Normal Delivery: Immediately Breast Feeding
- ▣ LSCS: After 1 Hr
- ▣ Wash Breast After Each Feed With Mild Soap & Water
- ▣ Gentle Massage Of Areola And Pull Nipple Out
- ▣ Prevent Nipple Inversion & Crack

8. Perineal Care

- ▣ -Sutured Site; Clean & Dry.
- ▣ -Sitz Bath Twice Daily Or After Each Defecation.
- ▣ -Perineal Exercise.
- ▣ -Regular Post Natal Visit

9. POST-NATAL VISITS

- ▶ After 1st week and 6th week.
- ▶ GC, BP, urine for protein, abdomen , breast & child.
- ▶ Contraceptive advice- avoid estrogen containing contraceptives to breast feeding mother, as it suppresses lactation.
- ▶ Look for complications

**Any
Questions...???**



**THANK
YOU**