Postpartum Care
After You Deliver

Congratulations on the birth of your baby! You have a lot to do to care for your new baby. But don't forget to take care of yourself:

- Rest when you can.
- Eat healthy foods.
- Drink plenty of water.
- And remember to schedule a **postpartum checkup**.

What is a Postpartum Checkup?

- This is a checkup you get 3 – 8 weeks after you have your baby.
- This checkup lets you and your provider know that you are healing after your delivery.
- It is also a good time to talk with your provider about birth control.

How Do I Get a Postpartum Checkup?

- Call your provider.
- Ask the hospital to help you schedule a checkup.

Don't Forget the Well-Child Checkups

Remember to schedule well-child checkups for your new baby. Your baby should have **10 well-child checkups by age two**. These checkups let you and your baby's Primary Care Provider (PCP) know that your baby is growing properly. For more information, see the "Well-Child Checkups (birth – 2 years)" link on this site.

Need more help?
Call Missouri Care's OB Case Manager at 1-800-322-6027, ext. 4608.

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