

*Editorial***Stages of Postpartum Period****Pavel Ivanov***

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EDITORIAL

Postpartum period is a delivery which begins immediately after childbirth, and it is involved in mother's physical effects, which is related to pregnancy have ended and returns to a non-pregnant state. It refers to issues concerning to the mother. The terms, immediate postpartum phase, puerperal period and puerperium are commonly refers to the first six weeks after delivery. Postpartum period is the most essential and neglected stage of a mother's and baby's life. During this time, the majority of maternal and newborn deaths are occurring day by day. Every mothers have the precautions to used are such as make sure they get enough rest. To overcome with tiredness and discomfort, enough sleep as needed, eat healthy foods, maintain a healthy diet to improve with recovery, exercise etc..

The stages of postpartum period are initial or acute period are involves in first six to twelve hours in postpartum. During this period, There is a rapid change of postpartum haemorrhage, uterine inversion, amniotic fluid embolism, and eclampsia are risk factors involved. In the acute phase, the major health issue is postpartum bleeding. Adult nappies, disposable pregnancy briefs, maternity pads or towels, and sanitary napkins are suggested for women at this time. The health care doctors are suggested some measures to reduce perineal pain. The second phase is the subacute postpartum period starts after the acute phase and which involves in two to six weeks. During this period, the women body is going through major problems in

terms of blood oxygenation, gynecologic repair, metabolism, and emotional condition during this time. Breastmilk usually starts to produce in two to four days after delivery. Breastfeeding is the most important factory of new born babies and they need to be fed every two to three hours, even during the night. Delayed postpartum period starts after the subacute postpartum period. It involves in last up to six months. In this present time, the muscles and connective tissue restore to their pre-pregnancy form. There are some problems after delivery are such as urine and bowel problems, sexual problems, pelvic prolapse, and generally it is very difficult to recover during this time and may not cure at all. After three months of giving birth large amounts of hair loss is common particularly in the place of temple area and postpartum thyroiditis is another disease that can occur at this time.

Postpartum period is also known as fourth trimester. It is an important stage to increase the both mother and newborn health as well-being are namely supporting healthy habits, offering career education, enabling breastfeeding, advising women on family planning options, improving mental health, and treating childbirth-related problems. Most of the women experience long-term health problems are that remain after the delayed postpartum period. It is generally decided to begin when the baby is delivered. Because the effects of pregnancy on many tissues have fully resolve to their pre-pregnancy level by this time. By the end, it is well defined by considered the six to eight weeks after delivery of pregnancy.

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