

Your Changing Body After Birth

Name _____ Date _____

Your body will need time to readjust after birth. Match the correct letter of the term next to each description. You'll use some terms more than once.

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|-----------------------------|-------------------------------------|-----------------|
| A. Lochia | F. Episiotomy stitches | K. Constipation |
| B. Cracked nipples | G. Sanitary pads/liners | L. Menstruation |
| C. Stretch marks | H. Heavy bleeding/large blood clots | M. Baths |
| D. Swollen and hard breasts | I. Urination | N. Weight loss |
| E. Milk production | J. After-pains | O. Intercourse |
| | | P. Involution |

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| _____ 1. Best to avoid for the first few weeks after delivery | _____ 16. May cause painful swelling of breasts |
| _____ 2. Starts again 4 – 8 weeks after delivery | _____ 17. Can be rubbed with cream to keep skin supple |
| _____ 3. Will heal in 2 – 3 weeks | _____ 18. Take showers instead of this. |
| _____ 4. Relieve with ice packs and tight bra if not breastfeeding | _____ 19. May itch, burn or swell |
| _____ 5. Begin to fade | _____ 20. Avoid by emptying all milk at each breast feeding |
| _____ 6. Vaginal discharge caused by normal uterine bleeding | _____ 21. Makes it necessary to wear a support bra |
| _____ 7. What you wear until discharge stops. | _____ 22. Is especially frequent 2 – 5 days after birth |
| _____ 8. Condition you must report to health care provider | _____ 23. Lasts for 3 – 6 weeks after delivery |
| _____ 9. Can lead to breast infection | _____ 24. May require a mild laxative to correct |
| _____ 10. Begins within 3 days of delivery | _____ 25. Keep clean by washing after bowel movement and urination |
| _____ 11. May be difficult for 1 – 2 days after birth | _____ 26. Occurs gradually over a period of several months |
| _____ 12. May not start again until breastfeeding stops | _____ 27. Will dissolve in a week or two |
| _____ 13. If uncomfortable, treat with warm water or cream | _____ 28. Uterus may cramp the first few days |
| _____ 14. Common problem after birth, corrected by fiber and fluid plus exercise | _____ 29. Uterus will return to its normal size |
| _____ 15. Starts as bright red flow, changes to pink then brown | _____ 30. Best to use birth control since you can get pregnant easily if doing this |

Your Changing Body After Birth

Teacher Key

1. O
2. L
3. F
4. D
5. C
6. A
7. G
8. H
9. D
10. E
11. I
12. L
13. B
14. K
15. A
16. E
17. C
18. M
19. F
20. D
21. E
22. I
23. A
24. K
25. F
26. N
27. F
28. J
29. P
30. O