



6 WEEK CHECKUP:

PELVIC FLOOR

- Urinary Incontinence
- Bowel Incontinence
- Constipation
- Hemorrhoids (pain, rectal itching, bleeding after having a bowel movement, or a swollen area around the anus)
- Pelvic Heaviness
- Feeling of Something "falling out"
- Pelvic Pain
- Burning Sensation When Urinating
- Perineal Tearing Healing

OTHER PHYSICAL

- Diastasis Recti (abdominal separation)
- C-Section Incision
- Scar Tissue Massage
- Abdominal Discomfort
- Back Pain
- Tailbone Pain

MOOD and MENTAL HEALTH

- Anxious
- Sad
- Uncontrollable Crying
- Mood Swings
- Feelings of Disconnect
- Excessive Worry
- Feeling Alone
- Inability to Sleep When Baby Sleeps Due to Worry or Anxiety
- Easily Irritated
- Cannot Find Joy in Anything
- Don't Want to Be Around Anyone
- Thoughts of Hurting Yourself or Your Baby

THINGS YOU MIGHT WANT TO DISCUSS WITH YOUR PROVIDER:

- Pelvic Floor Therapist referral (not all states will require a physician referral!)
- Is there anything I need to be cautious of with my C-section incision still?
- Is there anything I need to be cautious of with my perineal stitches?
- Return to exercise - what is safe?
- Would Postpartum Therapist be a good idea for this?
- Return to Sex - what to watch out for?
- When to seek help if the leaking doesn't stop?
- Do you have resources for therapy/counseling?
- Breastfeeding:
 - Mastitis (an inflammation of breast tissue that sometimes involves an infection)
 - Engorgement (swelling, tightness, and an increase in size of the breasts)
 - Low supply
 - Latch Issues
 - Tongue ties (when the strip of tissue attaching the tongue to the floor of the baby's mouth (called the frenulum) is shorter than normal)
 - Is there lactational support?