

Postpartum Preeclampsia

What is postpartum preeclampsia?

Postpartum preeclampsia is a rare but serious condition related to high blood pressure after you give birth. It's most common within 48 hours of delivery but can occur up to six weeks after your baby is born.



What do I need to know about postpartum preeclampsia?

Postpartum preeclampsia is different than preeclampsia, a condition that occurs while you're pregnant. Even people who have never had high blood pressure or preeclampsia can get postpartum preeclampsia.

Postpartum preeclampsia can lead to strokes, seizures and other complications if not promptly treated.

What are the signs of postpartum preeclampsia?

Some women don't show signs or don't notice them, but symptoms to note and share with your health care team are:



High blood pressure
(140/90 mmHg or higher)



Severe headache



Trouble breathing



Swelling of your face,
hands or feet



Stomach pain,
feeling sick to your
stomach or throwing up



Changes in vision
like blurred vision
or light sensitivity

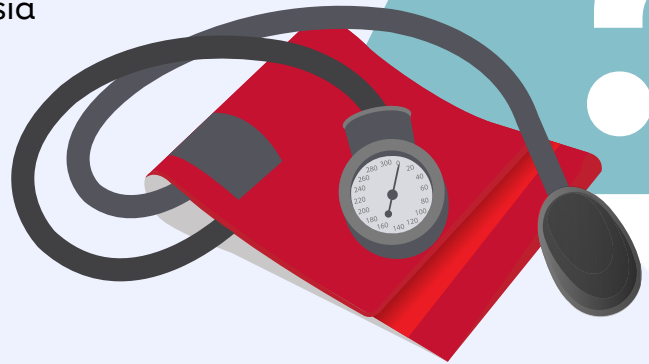


If you have symptoms of postpartum preeclampsia, you need immediate medical attention. It's important to seek care and make sure that the health care professional you are speaking to knows you just had a baby. Once diagnosed and treated, the prognosis for a full recovery is very good.

How do I know if I am at risk for postpartum preeclampsia?

Some things can make postpartum preeclampsia more likely.
Things that raise your risk:

- ✓ Obesity
- ✓ High blood pressure during pregnancy
- ✓ A family or personal history of preeclampsia
- ✓ Are younger than 20 or older than 40
- ✓ Are having twins or more
- ✓ An autoimmune disease
- ✓ Type 1 or Type 2 diabetes



What can I do?

- ✓ **Attend all appointments** and set up care soon, if you are newly pregnant.
- ✓ **Low-dose aspirin** can prevent or delay the onset of preeclampsia. Ask your health care professional if this is right for you.
- ✓ **Measure your blood pressure** at home if you have been asked to do so. Ask your health care professional when you should contact their office or what numbers signal an emergency for you.
- ✓ **Communicate troubling signs** with your health care team and make sure they know you had a baby recently, if not your regular care team.

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