

Midwifery Services

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Local Community Pharmacy - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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Bridgewater Midwifery Services

How to reduce the risk of getting an infection after having a baby



Infection after having a baby

After you have had a baby you are at increased risk of getting an infection especially if you have young children.

The infection maybe where the placenta (after-birth) was inside your uterus (womb) or it may be where you have had stitches inside the vagina, or just outside of the vagina (perineum).

Even if you have not had stitches there is still a risk of infection because you may have some small grazes which did not need stitching.

Signs and symptoms

See your midwife or General Practitioner (GP) if you start to feel unwell in any way, for example:

- Have a high temperature
- Have increased bleeding
- Have increased pain or new pain
- Develop a cough, cold or sore throat
- Notice an offensive smell from the vaginal area
- If you have pain when passing urine
- If you pass urine more often than usual and are passing smaller amounts
- If you generally feel unwell.

Reducing the risk

There are things you can do to reduce the risk of getting an infection after you have had your baby.

Washing your hands properly is the most important thing you can do to prevent infection.

You should wash you hands **before** and **after** going to the toilet and changing your sanitary pads, particularly if you have a sore throat, cough or cold.

- Even if your hands look clean it is easy for some germs to cause an infection in or around your stitches or inside your womb (uterus)
- Your midwife will discuss with you the best way to clean your hands and give you a hand washing leaflet
- If possible, use a towel to dry your hands that is not used by the rest of the family
- If you are somewhere where you are unable to use soap and water then you should use an alcohol based hand gel
- You should make sure you drink plenty of fluids.

Remember ABC

- Always wash
- Before
- Contact