

The Complicated Postpartum Period

Objectives

- Discuss the causes, management, and prevention of milk blebs
- Review the optimum management of nausea and vomiting during and after cesarean and the comparison of the two
- Identify the risk factors of uterine atony and subsequent postpartum hemorrhage
- Compare and contrast treatments for uterine atony and prevention of postpartum hemorrhage

Content Outline

1. Milk Blebs
 - A. Pathophysiology
 - B. Presentation and assessment
 - C. Management approaches
 - D. Prevention strategies
2. Management of Nausea and Vomiting Following Cesarean Delivery
 - A. Minimizing risk factors associated with intraoperative and postoperative nausea and vomiting
 1. Hypotension
 2. Pain
 - B. Minimizing risk factors associated with postoperative nausea and vomiting
 1. Pain and opioid use
 2. Vestibular stimulation
 3. Hydration
 - C. Pharmacological and nonpharmacological options for prophylaxis and treatment of nausea and vomiting
 1. Prophylaxis
 2. Drug therapies
3. Uterine Atony
 - A. Risk factors
 - B. Pharmacologic interventions
 1. First line agents
 2. Secondary agents
 - C. Conservative surgical and radiologic management of uterine atony
 1. Uterine massage and bimanual compression
 2. Uterine tamponade methods
 3. Interventional radiologic methods

Reading Material Resources Page 2

Reading Material Resources

Module WB2425: The Complicated Postpartum Period is based on the resources listed below. A copy of the resources is included with the module.

Case Report of the Management of Milk Blebs, Obermeyer, et al., Journal of Obstetric, Gynecologic & Neonatal Nursing, 2022-01-01, Volume 51, Issue 1, Pages 83-88

The optimum management of nausea and vomiting during and after cesarean delivery, Tan et al., Best Practice & Research Clinical Anaesthesiology, 34 (2020), 735-747

Refractory uterine atony: still a problem after all these years, Balki, et al., International Journal of Obstetric Anesthesia, 48 (2021), 1-9