Managing Postpartum Pain

Content Outline

1. Physiology of Postpartum Pain

2. Common Causes of Postpartum Pain
   A. Uterine involution
   B. Perineal pain
   C. Nipple and breast pain

3. Postpartum Complications Pain
   A. Hematoma
   B. Uterine infection
   C. Cesarean wound complications

4. Pain Management for Post Cesarean Pain
   A. Neuraxial medications
   B. Oral and IV analgesic adjuncts
   C. Local anesthetists
   D. Nonpharmacologic techniques
   E. Considerations for the breastfeeding woman

5. Postdural Puncture Headache
   A. Pathophysiology
   B. Risk Factors
   C. Diagnosis
   D. Complications
   E. Prevention
   F. Treatment

Reading Material Resources

Module WB1912: Managing Postpartum Pain is based on the resources listed below. A copy of each resource is included with the module.


Optimal Pain Management After Cesarean Delivery, Sutton et al., Anesthesiology Clinics, 35 (2017), 107-124