

## Postpartum Blues



PLAY PICMONIC

### Symptoms

#### Depressed Affect

##### Sad Affect

Depressed affect is one of the features of postpartum blues.

#### Tearfulness

##### Tears

Tearfulness is one of the features of postpartum blues.

#### Fatigue

##### Sleepy-guy

Fatigue is one of the features of postpartum blues.

#### Resolves in 2 Weeks

##### Tutu dancer with weekly press

Symptoms of postpartum blues start 2-3 days after delivery and usually resolve within two weeks.

### Treatment

#### Supportive Care

##### Supportive IV bags

Treatment of postpartum blues is supportive (address symptoms and patient education); these patients usually don't require hospitalization, antipsychotics, or antidepressants. Follow-up to assess for major depressive disorder with peripartum onset (postpartum depression) is crucial because this may require further psychological and pharmacological therapy.