



Everything You Need to Know About POSTPARTUM BLEEDING

- **0-4 Days:** Bright Red Color
small/medium clots
heavy flow like a period



- **5-8 Days:** Pink/Red color
small clots
medium flow that is heavier when active



- **9-14 Days:** Pink/Brown color
no clots
light flow and minimal loss



- **3-4 Weeks:** Light Brown/Yellow color
no clots
blood changes to discharge
tapers off

