

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.