

# **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.