



Postpartum Lesson 3
Postpartum Hormones



What's included:

- **Key postpartum hormones and their affects**

Hormones immediately after giving birth

- Progesterone & Estrogen levels decrease as soon as the baby and placenta are delivered
- Oxytocin surges
- Prolactin increases to encourage milk production

Postpartum Hormones 3-6 weeks

- Positive post birth hormones begin to fade and signs of PP depression may begin to show
- Hormones are affected from lack of sleep

Postpartum hormones at 3 months

- Still regulating to return to pre-pregnancy
- Cortisol levels may increase to new stressors of having a new baby
- Decreased melatonin and serotonin due to lack of sleep

Postpartum Hormones at 6 months

- Decrease of prolactin-based on if mother is breast feeding solely
- Estrogen and progesterone should be returning back to pre-pregnancy levels

Signs of Hormonal Imbalance

- Anxiety and depression
- Low Libido
- Weight gain
- Cysts or fibroids
- Chronic fatigue
- Many issues related to thyroid postpartum