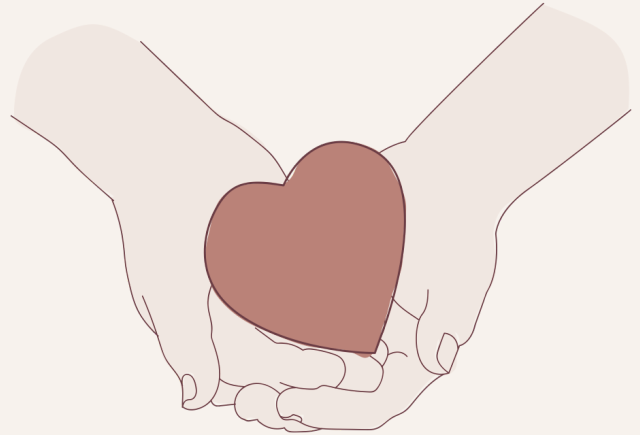


my body

## postnatal care

**Our goal for postnatal care is to support you with a personalized postnatal journey through the entire first year after birth.** Our midwives, therapists, and whole client support team are here to provide a cohesive postnatal experience that honors this important transition with you at the center.



## How to get in touch

You are welcome to call the clinic whenever you need us. If it is after hours, you will be connected to the answering service and they will connect you with the on call midwife.

## Frequently asked questions

### **What if I have a cesarean birth? Can I still come back to Quilted Health for midwifery care after birth?**

Of course! We would love to continue to support your postnatal journey even if you need to transfer care to an OB/Gyn for the birth of your baby. You might need to see your OB/Gyn for an incision check, but you can continue the rest of your care with us if desired.

### **What if I get transferred out for a medical condition?**

If you transfer to another provider during your pregnancy, we would be happy to see you again for your postnatal care after you have your baby. If you would like to do this, please email, text or give us a call after you've had your baby.