IDA-TALLINNA KESKHAIGLA

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Post-delivery appointment with the midwife

1,5-2 months after the delivery, you need to see the midwife for a post-delivery check-up. A referral is not required.

At the appointment, you will be:

- inspected for gynaecological changes
- counselled on issues after delivery
- counselled on contraceptives and prescribed relevant medication
- counselled on breastfeeding.