



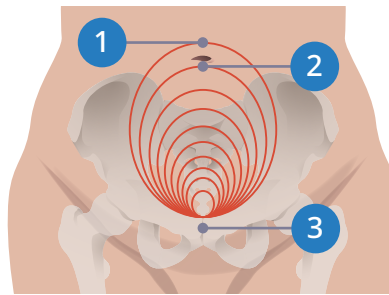
UTERUS SUBINVOLUTION



Definition

Subinvolution is a condition in which the uterus remains enlarged postpartum.

On the day of delivery, the fundus should be at the umbilicus. Each postpartum day after, the umbilicus should be approximately 1 fingerbreadth lower.



- 1 Day of delivery: at the umbilicus
- 2 Day 1 postpartum: one finger breadth below the umbilicus
- 3 2 weeks postpartum: within the pelvis

Clinical features

- Heavy, prolonged bleeding
- Boggy uterus
- Irregular descent of uterus



Risk factors

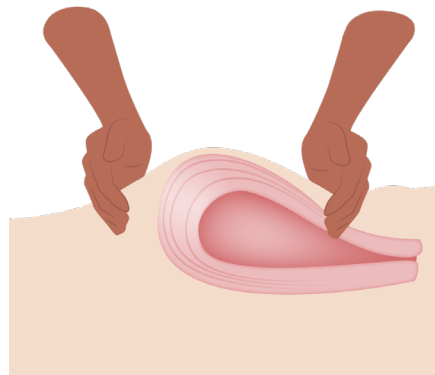
- Infection (chorioamnionitis, endometritis)
- Retained placental fragments
- Uterine fibroids

Diagnosis

Diagnosis is by physical assessment of the height of the uterus.

May also note:

- Uterine tenderness r/t infection
- Abnormal lochia (more than expected, or foul odor if infection is present)



Client education

- Educate client on reason daily fundal checks are performed prior to discharge.
- Educate client on the relationship between newborn suckling and uterine involution.
- Inform client to notify provider about abnormal postpartum bleeding or odor.

Nursing assessment and care



Closely monitor uterus and bleeding.



Notify provider of abnormal findings.



Encourage breastfeeding.



Encourage urination.



Give medications as ordered.



If other measures fail, dilation and curettage (D&C) may be required.