

How Maven can support you after a stillbirth

There's no timeline for going through grief following a stillbirth. However, you're not alone in your pain. You can work with Maven providers when you're ready. "Coping" in any way may feel impossible, but Maven Bereavement Doula Shannon Outchunis and Maven OB-GYN Sharon Bush-Coaxum goes through some steps to take concerning physical and emotional recovery.



Physical recovery

If you delivered your baby, your body is going to need some time to recover from the pain and trauma of labor. This is a difficult time, so care for yourself as much as you can. Here are some things to keep in mind as your body heals:

- Give yourself time to rest.
- Take over-the-counter pain medication like ibuprofen and Tylenol to help with pain as you recover physically. (Just confirm with your doctor that this is safe for your health first.)
- You may experience bleeding for a few days to up to several weeks. (Avoid tampons to prevent infection.)
- Don't have sex until you are cleared by your doctor.
- Schedule a six-week postpartum visit with your OB-GYN.

Although some heavier bleeding is expected, **call your doctor and seek emergency care** if you experience very heavy bleeding (soaking through more than 1 pad per hour). Also seek emergency care if you experience:

- Fever over 100.4°F
- Chills
- Sweats
- Severe pain
- Foul-smelling discharge
- Chest pain, shortness of breath, or heart palpitations

Coping with milk production and engorgement

You may produce breast milk and experience breast engorgement. “You will go through the process of milk let-down (when your milk comes in your breasts may feel full and heavy and you may see milk dripping or leaking) but the milk will decrease over time, usually within a week or two,” Bush-Coaxum explains. You can relieve some of the discomfort by:

- Wearing a tight-fitting bra night and day
- Applying a cold compress to your breasts

Next period and pregnancy following a loss

Your periods may resume as early as 4 to 8 weeks following a loss. You may have questions about how long you should wait if you’re ready to consider having another baby. The answer is—there is no real time frame to follow. Maven Mental Health Providers are available want to talk through your next steps. You should work with your OB-GYN to talk about the possibility of a next pregnancy and if there are any underlying medical issues that need to be addressed following a loss.

Caring for your mental health

When you’re feeling ready to talk about what you’ve gone through, Maven Mental Health Providers are available as you navigate through this period of grief and loss. “Working with a therapist can offer you the space to candidly share your feelings and sadness,” Maven Mental Health Provider Cynthia Coffelt explains. “This can offer you the opportunity to process this trauma in a meaningful way while also giving you permission to move forward.”

The bottom line

As you grieve, know that some days are harder than others. However, you are never alone. Reach out to a Maven Mental Health Provider anytime you need support or someone to listen. “We’re there to help you every step of the way,” Outchcunis says. “There is never any judgment, we want you to be able to be vulnerable when you need to be. This is your process, we are merely a compass to help point you in the right direction.”

With Maven you can:

- Talk to Mental Health Providers to talk about how you’re feeling
- Book an appointment with an OB-GYN to ask questions about symptoms and next steps
- Read through our library of expert-backed content on loss



Jeanette Vo-Vu



Jeanette Vo-Vu

Mental Health Provider, LCSW

10+ years of experience

Today's availability

10:00 AM

10:30 AM

11:00 AM

11:30 AM



Watch video bio

Sub-specialties

Relationships, IVF/IUI support, Menopause, Relationship issues, Postpartum, Life transitions, Breathing techniques,



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