Importance of Postnatal Care

Postnatal care refers to the time immediately after the delivery of a baby before the woman’s reproductive organs have completely recovered. The most important period to take care of the body is the first 6-8 weeks after giving birth.

What are the common discomforts after delivery?

During this period of time there are many common discomforts: for instance postnatal depression, postnatal abdominal pain, postnatal persistent lochia, puerperal fever, lacking of breast milk, postpartum spontaneous sweating, and night sweating and postnatal arthralgia.

What can acupuncture & Chinese Medicine offer?

Traditional Chinese Medicine (TCM) encompasses a wide range of healing arts that date back to ancient China. A diagnosis looks at the person as a whole-body, mind and spirit as well as his/her relationship to the environment. Using ancient methods of diagnosis and differentiation, a TCM doctor looks at each patient individually, so no treatment is the same. Each treatment works on balancing the body's organs as well as the emotions, thus assisting the body on a physical as well as an emotional/mental level. There is no limit as to what TCM can treat, and dating back as far back as 5,000 years, the treatment methods are still effective today.

Because TCM works on strengthening the body's own immunity and ability to heal itself naturally without masking the symptoms with drugs, it is especially beneficial for postnatal care as a method to bring back the natural rhythms of the body after a delivery and helping the body to heal and function at a normal, possibly even stronger, state of health.

Traditional Chinese Medicine advises special care for women during the postnatal period.

- After childbirth a woman usually has lower energy and blood levels, so avoid cold foods & drinks, and keep warm.

Keep to a special diet, especially food rich in vitamins which are easy to digest and specific to your individual constitution.

- Regulating your digestive system so that you have regular bowel movements and smooth urination is very important.

- Combine rest with a simple exercise routine suitable to your fitness level.

We also provide diet therapy, acupressure, acupuncture, ear acupuncture and functional herbs to reduce and cure any discomfort specifically concerning postnatal care.

If you have any questions, please do not hesitate to contact our medical staff.

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Dr. Eva Zhang earned her masters degree in Traditional Chinese Medicine at Nanjing TCM University in 1986 and is a third-generation TCM practitioner. Dr. Zhang traveled to the UK (1990-1994, 2000) and USA (1999) to introduce the concepts of TCM to Western doctors and clients. In 1995, she was appointed as an associate professor at the Shanghai Traditional Chinese Medicine University, a position she still maintains. Dr. Zhang has individually and jointly published 5 books and monographs on Chinese medicine in China and abroad. She is a TCM advisor for the American Herbal Pharmacopoeia. Her specialties include stress management, diet, gynecology, pediatrics, allergies, skin and joint conditions as well as digestive conditions.