Lochia

- Physiological Vag discharge for the first fortnight during puerperium
- From sloughing of superficial endometrial layer, cervix & Vagina
- Lochia suba - first 3-4 days
- Lochia serosa - for 1w
- Lochia clara - for 4w

Evisceration

- Suppressed due to increased prolactin
- Avg time to first evisceration is about 6 hours (6th hour) in non-breast feeding up to 1w or lactating mothers
- Menstruation resumes 2w later in non-breastfeeding mothers.

Abdomen

- Firm, soft, poorly-toned
- Striae albaeantes - depigmented & light in colour

Urinary tract

- GFR & renal plasma flow return to normal by 6w

CVS

- HR, CO ↑
  - 1st w
- 6-8 w return back to normal