

Postpartum Hormones: What's Actually Going On

*A chill timeline for understanding
the wild shifts after birth*

Right After Birth

- That bleeding? It's from a dinner plate-sized wound where your placenta detached—yep, really.
- Estrogen and progesterone drop fast, which can leave you feeling shaky, foggy, or totally off. That's not you being dramatic—it's a massive hormonal crash.



First Week

- Coming off that hormone high can feel like getting hit emotionally out of nowhere.
- Oxytocin floods your system during nursing, skin-to-skin, or just smelling your baby. It's beautiful... and also why you might sob over random commercials or feel everything way more intensely.



Weeks 2–6

- Low estrogen can mean mood swings, night sweats, and zero libido. Fun.
- Your body's juggling a lot: healing, feeding, sleep deprivation, emotional whiplash. You're doing more than enough even if you feel like a puddle of tears and toast crumbs.



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Around 3 Months



- Hello, hair loss. This is a delayed reaction to those high pregnancy hormones—it's called telogen effluvium and it's common (but still annoying).
- It doesn't mean anything's wrong. It's just your body shifting gears again.

Around 6 Months

- Your period might show up—especially if nursing is spaced out.
- Things may feel more steady, but emotional and hormonal waves can still roll in. It's all part of recalibrating, not something you need to fix.



♥ Real Talk

These shifts are normal—not signs you're doing it wrong. There's nothing weak or weird about needing rest, support, or space to feel things deeply. You don't have to snap back—you get to ease in.

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Want to Learn More?

If you've ever wondered, "Why do I feel like this?" — these are some of the sources that helped me connect the dots. No pressure to dive in, just here if you're curious.

Hormones & Postpartum Changes

Uterine healing + bleeding

Cunningham, F. G., Leveno, K. J., Bloom, S. L., et al. (2018). Williams Obstetrics (25th ed.). McGraw-Hill Education.

→ Explains the "dinner plate wound" and lochia timeline after the placenta detaches.

Hormonal crash after birth

Schiller, C. E., Meltzer-Brody, S., & Rubinow, D. R. (2015). The role of reproductive hormones in postpartum depression. CNS Spectrums, 20(1), 48–59. <https://doi.org/10.1017/S1092852914000480>

Hair loss around 3 months postpartum

Harrison, S., & Sinclair, R. (2003). Telogen effluvium. Clinical and Experimental Dermatology, 27(5), 389–395. <https://doi.org/10.1046/j.1365-2230.2002.01090.x>

Estrogen, night sweats, and mood swings

Freedman, R. R. (2001). Physiology of hot flashes. American Journal of Human Biology, 13(4), 453–464. <https://doi.org/10.1002/ajhb.1076>

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