

Rapid Relief for Postpartum Depression

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Ketamine offers the possibility of rapid reduction of depressive symptoms, and may be an excellent option for people struggling with postpartum depression.

Postpartum depression can be severe and sudden. It isn't usually a great time to have to wait weeks and weeks for a typical antidepressant to begin working. Typical antidepressants can also include possible risks for breastfeeding children such as metabolites of the drugs passing to the baby through breast milk. These potential complications may even compound feelings of inadequacy and ultimately worsen the depression.

Although typically employed for treatment-resistant symptoms ketamine infusion therapies may be an appropriate treatment for postpartum depression that avoids some of the common problems associated with traditional antidepressants.

- Ketamine does not impact breastfeeding.
- Its effects are immediate – although the effects are greater and longer lasting with multiple infusions.
- Infusions can be administered in an outpatient setting, allowing people to get back to their children and their lives.
- It is a well-studied and safe drug. On a daily basis, in hospitals around the world, it is used in much higher doses than those used for depression infusions.

Ketamine may be an excellent choice for mothers with postpartum depression, even for depression right after delivery. If you or someone you know is struggling with postpartum depression, consider ketamine infusion therapy as an option. It's what we do and we'd be pleased to help if appropriate.