

Post-Partum Instructions

Activity:

1. During the first two weeks after delivery, you should rest as much as possible, taking naps when the baby naps and caring for yourself and your baby.
2. Driving should be delayed until 2 weeks after the delivery.
3. Your exercise program may begin at two weeks after you return home.
4. No sexual intercourse until you have had your five week examination in the office.
5. You may resume employment four to six weeks after the baby was born. If you need a release to go back to work, please notify the office.
6. You may shower or take a tub bath. You may wash your hair as desired.
7. Swimming in an outdoor pool or lake is not allowed for 6 weeks.

Diet:

1. If you are not breast feeding, a well balanced diet is all that is necessary.
2. If you are breast feeding, continue your prenatal vitamins, eat a well balanced diet including generous portions of dairy products. Increase your fluid intake, drinking 8-10 (8 oz.) glasses of juice, water, or milk per day.
3. Do not try to lose weight while breast feeding unless you are on the Weight Watchers Breast Feeding Diet.

Care of Perineum:

1. It is normal to have vaginal bleeding or spotting intermittently for about 6 weeks from the time of delivery. Vaginal bleeding should be red for 3-5 days, brown 3-5 days, and then cream colored for 3-5 days. If bright red bleeding occurs and you are soaking a pad every 1-2 hours, call the office.
2. Change your sanitary napkin at least every 2-3 hours for the first two weeks. Once a pad is removed, it is contaminated and should not be replaced. Always put on and remove pads from front to back.
3. Sitz baths may be taken 3-4 times daily if stitches or hemorrhoids are painful. Stitches are absorbed and do not require removal. Continue to use the Dermoplast Spray as needed. You may buy it over the counter at your pharmacy.

Breast Care:

1. The use of breast ointment or lanolin should be continued when breast feeding. Ointment breast pads are available at the pharmacy.
2. Various positions taught by the Breast Feeding Consultant or Nursery staff should be continued as well as a feeding schedule of 2-3 hours on demand.
3. A good, supportive, well fitting bra must be worn at all times.
4. Silicone nipples are available for purchase at most pharmacies and Baby's R Us. This a good barrier if your nipples are sore as a result of direct sucking.
5. Manual breast pumps are available for take home as necessary. Electric breast pumps are available for rent from the hospital. Check with your nurse.
6. If you are bottle feeding, avoid any stimulation of the breast.
7. The same formula started in the hospital is usually continued at home. Increase the amount based on the baby's demand. Any change in formula should be discussed with the pediatrician.

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Bowel Function:

1. Your bowel movements should be soft—straining should be avoided.
2. If you have any constipation, you may take Colace and/or Milk of Magnesia until your bowel movements become more regular. If needed, a Fleets enema may be purchased at your pharmacy.
3. Drinking large amounts of fluids (especially water and fruit juices) is helpful, as well as short walks several times a day.
4. Adding bulk (such as a bran cereal) to your diet will help maintain regularity.
5. If you have hemorrhoids, use Anusol HC suppositories and drink large amount of fluid. Sitz baths are also helpful.

Urination:

1. Call the office if you have pain on urination.
2. Call the office if you are voiding frequently in small amounts.

If you had a Cesarean Section:

1. Keep your incision clean and dry (you may shower or bath), allowing the soap and water to run over the incision. Do not scrub or pull on the incision.
2. If you notice any redness, swelling, unusual tenderness or drainage from your incision, notify the office immediately.
3. Also, notify the office if you have not had a bowel movement or passed gas for two days, accompanied by abdominal swelling or nausea and/or vomiting.
4. If this is your first c-section, absorbable sutures will be used and steri-strips will be placed on the incision before you are discharged from the hospital. Please call the office to make an appointment for 2 weeks after the delivery to examine the incision. The steri-strips will be removed at that visit, but it is normal if some have already started to fall off before that time.
5. If you have had a previous c-section or abdominal surgery, staples may be used. These will be removed on days 5-6 after your surgery. Please call the office to schedule an appointment for staple removal upon your discharge from the hospital.

Notify the Office for any of the Following:

1. Fever, 101° F or greater (orally).
2. Severe abdominal pain not relieved by your pain medication and rest.
3. Pain or tenderness in calf or leg.
4. If you have any questions.
5. Make an appointment for 5 weeks after a vaginal delivery and 2 weeks after a c-section with the doctor upon your discharge from the hospital.
6. Prescription pain medication will be given prior to discharge from the hospital. Please notify the office or your doctor of any allergies to pain medications.