



Congratulations on your new baby! These instructions are designed to help you care for yourself during the weeks ahead as your body recovers from childbirth, whether you have delivered vaginally or by Cesarean. Obviously, every delivery is different and you may receive specific instructions that are different from these general guidelines.

Activity

- Most of what you need to know is common sense. Anything you feel like doing, you may.
- Be active! Go outside for a walk. You may use the stairs without restriction.
- You may lift what you are comfortable with, including your older children.
- Do not drive the car for ten days (two weeks following Cesarean).

Diet

- Eat your normal diet. You should have a BM in one to two days.
- Drink lots of fluids. Take bran or Senokot to prevent constipation.
- Continue prenatal vitamins as long as you are nursing, six weeks minimum.
- Discontinue any extra iron you may have been taking.



Bleeding, Intercourse and Nursing

Your bleeding will taper off over the first few weeks after delivery, although it may pick up from time to time as you become more active. Some bloody discharge may continue for as long as six weeks. Do not use tampons or douche until your bleeding has completely stopped.



- Drink lots of fluids to keep the breast milk flowing well.
- If you are not nursing, wear a firm bra at all times for the next several days.
- Intercourse should be avoided for six weeks to allow the uterus and vagina to heal.

Pain Relief, Incision and Episiotomy Care

- You may take any over-the-counter product for pain relief such as Tylenol, Motrin or Aleve.
- You may also have been given a prescription for a narcotic such as Vicodin or Percocet, especially for Cesarean patients. Use the narcotic sparingly as it tends to increase constipation.
- Uterine cramps, which are normal when nursing, are best managed with Motrin or Aleve.

Your Cesarean incision needs little care. Keep the area clean and dry. Do not put any kind of bandage or dressing on it. For most patients, the suture is below the skin and there are no stitches to be removed.

Episiotomies may require a little more attention. Sitz baths (sitting in warm water) will help soften the stitches. Use the rinse bottle provided to clean the area after urinating. Although you are wearing pads, try to keep the area as dry as possible.



We Need to Hear From You If:

- You have heavy, bright red bleeding, greater than you might expect from a heavy period.
- You have pain greater than can be relieved by the medications you have.
- You have fever of greater than 101° F.

Post Partum Visit

Please call the office to schedule a post partum exam for six weeks after delivery. We will check your breasts, incision (for Cesarean patients) and do a brief pelvic exam. A Pap smear is usually not performed at the post partum visit. Contraception will be discussed and a prescription given, if necessary.

One last thing; bring us a picture of your baby for our bulletin board! We love to show off, almost as much as you do. Do not hesitate to call if you have questions. We look forward to seeing you soon!