

Postpartum Care Do's and Don'ts

1. Take it easy for the next 2-3 weeks. Focus on care for yourself and your new baby. Gradually increasing activity is recommended, including light house work if so desired after the first 2 weeks.
2. You may shower all you like. No deep tub bathing until all bleeding/discharge stops. A shallow tub of 1-2 inches to act as a Sitz bath will aid in the healing of your tear or episiotomy and will make it feel better. No swimming until all bleeding stops.
3. If you had a C-Section please don't lift anything heavier than 10 pounds or the weight of your baby
4. Eat a healthy, well balanced diet and continue to take your prenatal vitamins daily, especially if you are breast feeding. Breast feeding requires a big demand on your body from your baby. You have also lost blood and your body needs to rebuild itself.
5. Report anything to the office that you consider abnormal, this includes fever over 101F, chills, severe nausea or vomiting, bleeding more than 1 pad per hour x 2 hours and pain which is not controlled with the medications prescribed.
6. Constipation is a common issue during this time and you may use anything over the counter such as Miralax, Colace, fiber supplements and milk of magnesia. No enemas or suppositories.
7. Cramping and some achiness will occur. You may use Motrin and Percocet, as prescribed. If this persists or the medications seem insufficient please call the office.
8. Use no other drugs or medications than that which we approve or recommend. Limit your alcohol and no smoking. Now is the perfect time to stop, for your benefit, your family's, and your new baby's.
9. If you are not breastfeeding, wear a tight bra and avoid any stimulation. You may use ice bags as well. Call if redness develops.
10. No riding long distances in a car for the first week. No driving for two weeks if you've had a C-Section or until no longer using pain medications
11. No special care for your tear/episiotomy is required...only "sitz" baths for ten minute periods, 3-4 times a day for 1 week.
12. No sexual intercourse, douching, tampons, suppositories or sprays until seen for your 6 week check. Birth control will be discussed at this visit as well.
13. Bleeding and discharge will continue for 4 to 6 weeks. It will change in color and become pinker and lighter. Soaking a pad every 30 min or passing large clots (half-dollar or larger) is not normal, call the office if these occur.
14. You may take steps, but do so slowly.
15. Call your pediatrician, OB or lactation consultant if you are having any feeding or other difficulties with your baby.
16. If you had a C-Section your incision will need only a small amount of special care. If there are "steri-strips" remove them 7 days after discharge from the hospital. It's easier after a shower. Keep the incision clean and dry. Wash with mild soap and water in the shower and pat dry. A hair dryer is good for drying your incision (low temperature). No deep tub baths for at least 4 weeks. Call if the incision or area around it has redness, drainage, pus or bleeding.
17. Postpartum depression or the "blues" is normal. This feeling is likely from a change in hormones, or if it has been a good pregnancy, it is the same feeling one has when a good movie

is over. You have worked hard, watched your diet, controlled bad habits, learned to balance your family, your job, and day to day living with office visits, lab tests, classes and a change in the way you feel and look. Now it's over... In a way. Get out of the house, show off your baby and your good looks. A new chapter in your life is just beginning. If the blues seem to be overwhelming you, please call. There are support groups and medications which can help.

18. Though disability policies differ, we will usually release you for work at your 6 week check up. Extensions in disability require an "iron-clad" medical reason. Many companies have doctors which investigate disability extensions. Please make sure we have all required forms prior to your delivery.
19. Our fee includes all office visits, including Pre and Post-partum care. This includes delivery, surgical procedures and circumcision. These items are usually billed to insurances, HMOs, etc. Please provide us forms if necessary. Hospital lab fees, including sonograms, cultures, pap smears, medications and anesthesia fees are not part of our bill. Not all care will be covered by insurances (deductibles, circumcisions). Call the office manager if you have any questions.
20. Call the office when you get home to make an appointment for your 6 week check up. Above all, "Mother knows best". Call if you think something is wrong or concerns you. Congratulations and best wishes to you and the new addition to your family!