

## POSTPARTUM INSTRUCTIONS

**MEDICATIONS:** If you are given a prescription for pain medicine you may take as needed. You should need less and less as each day passes unless you try to do too much activity. You may take Tylenol (extra strength) or Motrin as needed. Continue taking your prenatal vitamin especially if you are breastfeeding. It is a good vitamin to help you get your energy back and help build your hemoglobin level back up. You may take a stool softener like Colace, Miralax or Milk of Magnesia to keep stools soft to prevent constipation, especially if you had a C-Section. Resume other medications as instructed.

**ACTIVITY:** You should rest when the baby naps since you will be getting up with your baby at night. Encourage your spouse or significant other, family and friends to help you with meals, cleaning, laundry and errands. Limit your visitors.

**EXERCISE:** No exercising for at least 4-6 weeks for vaginal deliveries and 6 weeks for C-Sections. You may walk and go up and down stairs being careful not to fall.

**SEX:** No intercourse for 6 weeks. No tampons or douching for 6 weeks either.

**BIRTH CONTROL:** For breastfeeding Mothers you may use condoms, progesterone-only pills or DepoProvera. Non breastfeeding Mothers may use other birth control pill, the patch (Ortho Evra), the Nuva Ring, DepoProvera or condoms. Other options for both breastfeeding and non breastfeeding Mothers (such as an IUD) can be discussed with your doctor at your postpartum visit.

**BREASTFEEDING:** Nurse on demand usually 10-15 minutes per side or as your family doctor or pediatrician directs. Continue prenatal vitamins. Drink plenty of water to stay hydrated to help with your milk supply. Notify your doctor if you develop redness and warm area on your breast with any fever.

**BOTTLE FEEDING:** Every 3-4 hours or on demand. To help prevent breast engorgement you can bind your breasts or wear a tight bra like a sports bra. You may use ice packs. The discomfort usually lasts 36-48 hours.

**EPISIOTOMY / HEMORRHOID CARE:** Sitz baths 2-3 times a day. Continue using the Tucks pads and Dermoplast spray. Ice packs as needed. Use any other prescription meds as instructed by your doctor. The stitches will dissolve in 1-2 months.

**CESAREAN SECTION POST OP CARE:** No lifting heavier than your baby for 4-6 weeks. Expect some burning & pulling sensations for about 1-2 weeks. You may also have numbness around the incision. Keep the incision clean & dry. You may use hydrogen peroxide to cleanse the incision 3-4 times per day as needed.

**BLEEDING:** You may bleed up to six weeks after a vaginal delivery or cesarean section. Some clotting is normal. If you flow through a heavy pad within an hour or notice a foul smelling discharge please call the office. Your bleeding may increase if you are pushing yourself to do too much activity. This is your body's way of telling you to slow down and rest.

**FOLLOW UP VISIT:** C-section patients need to be checked in 2 weeks. Vaginal delivery without any other complications need to be seen in 6 weeks. If you have any problems or questions please call our office at 269-781-1183.

## CONGRATULATIONS ON YOUR NEW ARRIVAL!

MANSION STREET WOMEN'S HEALTH  
269-781-1183

AFTER HOURS CALL  
269-789-9298

