

Post Partum Instructions

Warning Signs: the following are warning signs and if these occur, please notify us.

1. Fever over 100.4 °, repeated twice, four hours apart.
2. A significant increase in vaginal bleeding.
3. Persistent pain in your stitches.
4. Persistent pain (not cramps) or reddened areas in legs.

Episiotomy: Continue taking care of your episiotomy as you have been taught to do in the hospital. Continue taking sitz baths in 2-3 inches of clean, warm water in the bathtub if your perineum is painful.

Prenatal Vitamins: Continue to take your prenatal vitamins and iron at least until your post-partum examination.

Bladder and Bowel Function: Continue to drink large amounts of fluids and empty your bladder frequently. Call if you have a persistent burning sensation upon urination. Don't "avoid" having a bowel movement. To prevent or relieve constipation, drink plenty of fluids and eat foods high in fiber (whole grain cereals and breads, bran, fresh fruits and vegetables). If you wish, you may take some prune juice or mineral oil. For persistent constipation, please call us and we will order medication for you.

Normal Activity: Let your body be your guide regarding resuming normal levels of activity. Frequent rest periods are advisable during the first several weeks following your delivery.

Post-Partum Appointment: Please call the office within the next several days to make an appointment for your post-partum medical check-up 4 weeks after delivery. (Note: if you are in our special CPSP/Medi-Cal program, you will need an appointment with Suzy, our program coordinator, 2 weeks after delivery. She will schedule your post-partum medical check-up at that time.) We will discuss your contraception at that time. In the meantime, if you have intercourse (we advise you **NOT** to for 3 weeks following delivery), use contraceptive foam and/or condoms. If you elect an intra-uterine device, this can be placed between 6 and 8 weeks after delivery.

Infant Care: It is best to follow the directions given by your baby's doctor for his/her care. The baby's doctor is your source of information for feeding problems as well.

Breastfeeding: The maternity nurses should be able to help you with any early nursing problems. Once you are home, you can obtain good advice from Maternal Connections (650) 988-8287. Your baby's doctor or organizations such as the La Leche League or Nursing Mothers Council can also help.

Douching or Tampons: You should not douche or use tampons as this is a high-risk time for infection because your cervix will still be open.

Vaginal Bleeding: If you are not breastfeeding, your first period will usually come approximately 6 weeks after delivery. This varies in different women. If you have no period by 8-9 weeks after your baby is born (and you are not breastfeeding), please notify us.

Post-Partum Depression: Post-partum depression is a common, transient phenomenon. Contact supportive family and friends should this occur. It is unusual to require any intensive medical care for this problem, as it is usually short-lived. However, if it persists or worsens, contact us.