



## POSTPARTUM INSTRUCTIONS

**CHECK-UP APPOINTMENT** - Please call our office on the day of discharge at 842-1161 for an appointment for your 6-week check-up. (If you are discharged on the weekend, please call Monday morning.)

**MEDICATIONS** - You will be given a prescription for pain which usually has a derivative of codeine in it. If you have any problem taking codeine, please be sure and remind your doctor. You may also need to take a stool softener such as Colace (see "Bowel Movements" below). If you are breast feeding, it is permissible to take Tylenol, Sudafed, Actifed, or most antibiotics.

**LACERATION CARE** - You should continue to take hot sitz baths to ease the pain in your laceration. You should also continue to use the peri-cleanse bottles that were given to you in the hospital. Use them for one week. You may also use ice packs as needed.

**INCISION CARE** - If you had a cesarean section, and had staples placed, please call the clinic to schedule a time to have them removed. When you call, identify yourself to the receptionist as a patient that needs to have her staples removed. If you have an incision that has been closed without staples, simply cleanse this area with soap and water daily and apply Neosporin ointment to this area twice daily for 2 weeks. If you begin to notice redness or drainage, notify us immediately for incision check. Small "bandaids" may be placed over parts of the incision. These should be left in place for approximately a week.

**BOWEL MOVEMENTS** - Because of lacerations and hemorrhoids, bowel movements may be painful for some time. It is very important that you do not get constipated in the first couple of weeks after delivery. We want you to keep your bowel movements very soft for approximately 2 to 3 weeks. This can be done by eating green leafy vegetables, bran, vegetables and fruit juices or, if necessary, take Milk of Magnesia.

**HEMORRHOIDS** - You may continue to have problems with hemorrhoids. Anusol suppositories, Dubicaine ointment or Preparation H will ease the pain.

**VAGINAL BLEEDING** - It is not uncommon to have vaginal bleeding for 4 to 6 weeks after having a baby. Your first menstrual period may be either very heavy or very light. It also may stop and start. If you are breast-feeding, your menses may not begin until the baby is 3 to 4 months old.

**ACTIVITIES** - During your first week at home you should get plenty of rest and only carry out light activity. You should not lift anything heavier than approximately 10 pounds. You may resume bathing, showering or washing your hair as soon as you get home. During the second week you may increase your activity. You may go outside. You may drive a car but should always have someone with you since it is not unusual to feel weak or light-headed. After 2 weeks you may increase your activity so that by the time you return for your 6-week check-up you will be back to full activity.

**SEX** - Because of the possibility of infection and discomfort, we recommend that you do not resume sexual activity until you return for your 6-week check-up. Likewise, we advise no douching. If you do decide to resume sexual activity, please remember that you should use some form of contraception as you may get pregnant. We usually do not recommend birth control pills until the baby is at least 4 to 6 weeks old.

**BREASTS** - If you are not breast-feeding, wearing a tight bra can help. You may apply ice packs as needed. Do not pump or stimulate your breasts. Also, ice packs and Tylenol will help alleviate the pain. Breast-feeders should use clear water and not soap on their nipples. Lanolin or A & D Ointment should be used to keep the nipples soft. Report any red streaks or possible infection to your doctor.