

Post Partum Instructions-Vaginal Delivery

Congratulations on your delivery. A few key things you need to know during your six weeks of time before your next appointment.

- Mood swings are normal as your hormones are still resolving from your pregnancy, HOWEVER, if you feel constantly “blue”, “down”, or “depressed” call the office. *If you feel like you cannot cope or that you may not feel like taking care of yourself or your infant, call the office immediately (the answering service will contact the on-call MD who will return your call).*
- Care for yourself and your infant during this time, no lifting heavier than your infant and avoid lifting in carrier until 6 week checkup.
- Continue your prenatal vitamins until your 6 week checkup or 6 weeks post breastfeeding if breastfeeding.
- Continue iron supplements until six week checkup.
- If narcotic pain medication or Iron supplements are needed, use Colace 100 mg by mouth twice daily to help prevent constipation with 6-8 glasses of water daily. Can use Colace for constipation even if not using narcotics and is safe for breastfeeding.
- Vaginal bleeding should be spotting to small amount in flow and pink/brown days 3-7 then white 7-14. If you continue to bleed or spot more heavily outside of these descriptions, try getting off your feet initially-may be too much activity. If bleeding continues, call the office. If you are bleeding moderate to heavy flow with any clots at any time or a foul odor to peri-pad with or without fever, please notify the office as soon as possible.
- Perineal care, use the peri-wash bottle with warm water and blot dry post void and BM if have stitches in vagina or repair. If third or fourth degree (repair to or through rectum) you will go home with a sitz bath, continue to use three times a day for comfort.
- Nothing in the vagina until post 6 weeks checkup, including tampons, intercourse or douching (no need to douche anyway).
- Shower only, no tub bath until after 6 week check up- vaginal stitches and healing in uterus are all sites for potential infection.
- Breastfeeding mothers-nurse every 3-4 hours to ensure milk supply. Effective infant latching is essential, if having pain or problems with feeding, please call lactation consultant and office for help. If either breast is red or feels hard to touch with/or without fever, call office immediately, you may need antibiotic treatment.
- Non-breastfeeding mothers, wear breast wrap or good support bra for 4-6 weeks. Not a lot of activity that stimulate the breast-avoid direct shower spray for long period of time, ice packs 20 minutes 3-4 times daily, Tylenol for discomfort.
- After delivery, post-partum mothers are still at increased risk for blood clotting in the blood vessel. Call the office right away if severe calf or leg pain, one leg swelling, abdominal pain, chest pain with or without shortness of breath and/or severe headache.