

POSTPARTUM INSTRUCTIONS

Check your uterus for firmness several times a day for at least three days.

Take and record your temperature morning and evening for at least four days.

The sensation of a gush of blood upon arising is normal or you may pass small clots. The lochia pools in the vagina while you are lying down. As long as you don't continue to bleed heavily, there is no cause for alarm.

Tell us if you notice a bad odor to your lochia. The flow should smell like your period. Change your pads frequently and resume Kegel exercises on the first day.

Always empty your bladder before going to sleep. It may take a while for you to re-experience a normal sensation of fullness. A fairly full bladder can interfere with efficient contractions and cause increased bleeding.

If your perineum is healing from stitches or small tears, use the peri-bottle to clean yourself with water from front to back after using the toilet. Keep your legs together; do not sit cross-legged. Kegels are important to help you heal.

Drink lots, including plenty of plain water, to establish milk flow. Have a jug of water next to your bed.

It is not necessary to use anything on the baby's cord, but it is essential to keep the area clean and dry. Make sure the baby's diaper is folded down and not covering the cord. Some exposure to air each day is helpful.

Remember that some jaundice is normal. However, if the baby seems suddenly very yellow, not just in the face, call us.

Postpartum Blues are quite common. You may feel weepy for a few days or up to a week. Be sure to talk to us if the blues don't seem to be passing. Get lots of rest, eat lots of good food with plenty of iron, limit visitors and length of visits, ask for real help from visitors - like a meal, dishes or the laundry.

Work back into activity slowly. Take any increase in flow as a signal that you may be overdoing it, and that you need more rest.

Please record baby's wet and dirty diapers. The number of wet diapers should equal the postpartum day (i.e. minimum 1 wet diaper on day 1 postpartum) and increase until 6 or more wet diapers on day 6 postpartum and beyond. Baby stools will transition from the thick meconium seen in the first few days, to yellow and seedy diapers by day 3 – 5 postpartum.

In the first few days of life babies may have uric acid crystals in the diaper. This is an indication of concentrated urine. It looks orange or red, and will resolve within one or two days.

Don't hesitate to call us at any time if you are worried about anything.
The absolute golden rule for postpartum recovery is

SLEEP WHEN THE BABY SLEEPS!