



## POST PARTUM DISCHARGE INSTRUCTIONS

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| <b>Activity</b>                  | <ol style="list-style-type: none"> <li>1. For the first two weeks, gradually increase activities to a normal level.</li> <li>2. Avoid fatigue; rest frequently and lift no more than 15 lbs.</li> <li>3. You may ride in a car, walk, use stairs and bathe/shower as usual.</li> <li>4. You may drive when you feel up to it. If you had a cesarean section, wait at least 2 weeks before driving. <b>Do not drive if taking narcotics for pain relief.</b></li> </ol>           |
| <b>Diet</b>                      | <ol style="list-style-type: none"> <li>1. Eat normally unless a special diet is prescribed.</li> <li>2. Continue your prenatal vitamins and iron until your post partum exam or for as long as you are breastfeeding.</li> <li>3. Avoid constipation:             <ol style="list-style-type: none"> <li>a. If you need a laxative, Milk of Magnesia, Metamucil or Pericolace are available without a prescription. Miralax taken daily may help as well.</li> </ol> </li> </ol> |
| <b>Episiotomy</b>                | <ol style="list-style-type: none"> <li>1. Cleanse the episiotomy and anal areas after each bowel movement or pad change with the peribottle provided by the hospital.</li> <li>2. Do not use Always brand pads. They are too irritating to tender perineal tissues.</li> <li>3. Hot sitz baths in your tub will help with discomfort.</li> <li>4. You may expect a heavy vaginal discharge for the next 3-6 weeks. This may vary from red to pink to yellow.</li> </ol>          |
| <b>Intercourse</b>               | <ol style="list-style-type: none"> <li>1. Intercourse may be resumed whenever comfortable after 4 weeks.</li> <li>2. Avoid other vaginal insertions, including douches and tampons until after your post partum exam.</li> </ol>   |
| <b>Contraception</b>             | <ol style="list-style-type: none"> <li>1. Pregnancy can occur before your 6-week post partum check, even if you are breastfeeding. No sexual activity is advised for at least 4 weeks. Use condoms consistently until your post partum visit when we will discuss options with you.</li> </ol>   |
| <b>Exercise</b>                  | <p>After the first week [3 weeks for cesarean section] you may begin:</p> <ul style="list-style-type: none"> <li>• Head raises 20 times, 2-3 times per day</li> <li>• Push in and pull out abdomen 20 times, 3-4 times per day</li> <li>• Perineal squeeze or Kegel exercises</li> <li>• Leg raises with one leg at a time 20 times, 3-4 times per day</li> </ul>  |
| <b>Pain Control</b>              | <p>You may use:</p> <ol style="list-style-type: none"> <li>1) Tylenol [acetaminophen] - no more than 500 mg every 6 hours or</li> <li>2) ibuprofen - 600 mg every 6 hours as needed</li> </ol>   |
| <b>Breast Engorgement</b>        | <p>Your breasts may become full and uncomfortable if you are not breastfeeding.</p> <ul style="list-style-type: none"> <li>• Do not express the milk</li> <li>• Wear a tight, well-supporting bra even while sleeping</li> <li>• Apply ice packs when needed and take acetaminophen or ibuprofen for pain</li> </ul>   |
| <b>Notify Doctor</b>             | <p>If you have:</p> <ul style="list-style-type: none"> <li>• Fever over 100.5 degrees</li> <li>• Persistent or increased pain</li> <li>• Persistent or increased bright red bleeding</li> <li>• Other questions or concerns</li> </ul>   |
| <b>Schedule Post Partum Exam</b> | <p>Call our office to schedule your 6-week post partum examination. 608.227.7007</p>   |