

## **Post Partum Discharge Instructions**

Pelvic rest for 6 weeks. (No douching, tampons or sexual intercourse)

No vigorous exercise or abdominal exercises for 6 weeks, including heavy housework.

If you have had a cesarean section, no heavy lifting more than 15 lbs for the 1st month

No driving for 1-2 weeks if you have had a cesarean section or taking narcotics.

If you have a 4<sup>th</sup> degree tear nothing in the rectum (suppositories). Also, please use a stool softener for 4 weeks after your delivery (sold over the counter).

If you have stitches, sitting in a tub of warm water for 15 minutes 2-3 times per day will help relieve the discomfort. Stitches will dissolve in 1-3 weeks. You may use Tuck pads, Witch hazel or Dermoplast for discomfort.

For cesarean patients, keep your incision clean and dry. Let the water run over the incision in the shower. Do not apply creams/lotions/Neosporin to your incision. Do not remove steri strips unless they are falling off completely. We will remove them at your 2 week visit.

For non-breastfeeding moms, wear a tight-fitting bra for support. You may use ice packs (frozen peas) for discomfort. You may use frozen cabbage leaves and/or Campho-Phenique to help with pain and breast milk engorgement. Avoid nipple stimulation and do not express milk. Engorgement will subside in 24-72 hours.

Vaginal delivery – Make an appointment for 6 weeks

Cesarean delivery – Make an appointment in 2 weeks for an incision check, then 4 weeks later for your 6 week visit.

Call the office if you have:

- Fever greater than 101
- Cesarean incision that is red, draining or increasingly painful
- Signs of mastitis including: reddened, hard and very painful breasts accompanied by a fever greater than 100.5
- Foul-smelling vaginal discharge
- Painful urination or inability to urinate
- Worsening vaginal or rectal pain
- Swollen, red, painful area on your leg or chest pain
- Excessive vaginal bleeding greater than 1 soaked pad per hour for more than 3-4 hours or clots larger than a golf ball.
- Feelings of sadness or crying uncontrollably that last longer than 10 days.
- Not taking care of yourself or the baby or wanting to hurt yourself or the baby.

If you have questions about your infant, please call your pediatrician.

Medications:

Ibuprofen 600mg every 6 hours as needed for pain (this is 3 over the counter Motrins). It is safe for breastfeeding.

Percocet (or other codeine derivative), 1-2 tablets every 4-6 hours as needed for pain. Do not take on an empty stomach. This medication can make you sleepy, so do not drive while taking this medicine. It is safe for breastfeeding.

For constipation: Colace, Milk of Magnesia

Continue your prenatal vitamin as long as you are breast feeding or for 30 days after delivery.

For hemorrhoids, use tucks pads, Preparation H, Proctofoam as needed.

For cracked/sore nipples you may use Lanolin cream.