

When should I call the Ob/Gyn clinic?

Your Perinatal worker will call you soon after the birth of your baby to arrange a visit to your home and give you 2 and 6 weeks appointments

Call the midwife or doctor at (203) 503-3094 or (203) 503-3097 if:

- You are sad, depressed or think about hurting yourself or the baby
- You need birth control
- You have a fever higher than 100.4 F
- You have unusual pain in you belly area (abdomen) or vagina
- You have an increase of pain, swelling, redness, or discharge from your stitches
- Your breast is red or has a hard, painful lump; you see unusual discharge
- Discharge from your vagina smells bad
- You see blood clots the size of a plum or larger
- You are bleeding through more than 1 pad per hour
- You are unable to empty your bladder, or you feel a burning pain when you urinate (pee)
- Your leg has a painful red area or lump
- You have a headache that will not go away with Tylenol, water and rest
- You have changes in your eyesight such as seeing flashing lights or blurry vision



Congratulations!

We look forward to caring for you for many years to come!

My baby's check-ups:

2-3 days: _____

2 weeks: _____

My check-ups

2 weeks check-up: _____

6 week check-up: _____

My Perinatal Provider

Name: _____

Phone: _____

You may be told to make an appointment sooner if you had any problems during or after delivery.



The Joint Commission Accredited

Congratulations on your new baby!

Postpartum Instructions:

Special Care for You after Your Baby is Born



Cornell Scott Hill Health Center

Ob/Gyn Department

428 Columbus Avenue • New Haven, CT 06519

(203) 503-3094 or (203) 503-3097 • www.HillHealthCenter.com

After you deliver your baby

Rest

- You need extra rest. Try to sleep when the baby sleeps and ask for help from family and friends.

Pain Relief

- Pain in the vagina and rectal area is very common.
- Sit in a warm bath, put cold packs on the area, or put warm water on the area with a squirt bottle or sponge.
- After you go to the bathroom, wipe yourself from front to back to prevent infection.
- If it hurts to sit, try an egg-crate foam cushion or doughnut-shaped pillow that you can buy at a drugstore.

Bleeding and Discharge

- You will continue to have bleeding and discharge for 2 – 6 weeks (sometimes longer).
- It may come out quickly or similar to your period.
- It will start out red, then become a pinkish color, and then turn yellow-white.
- Tampons can cause an infection so do not use them for the first 6 weeks after you deliver. Use pads instead.

Constipation and Hemorrhoids

- It is common to become constipated (difficulty with bowel movements).
- The drugstore has creams to help lessen the swelling in the area of your rectum.
- Do not use medicine until you talk to your provider.
- Drink water and eat foods with fiber (fruit and vegetables).
- Tell your provider if you continue to have pain.

Breast Soreness

- Your milk will come in about 2 – 4 days after your baby is born.
- This might make your breasts become very large, hard, and sore. This will get better as you start breastfeeding.
- If you are not breastfeeding, your breasts may be painful while you are waiting for your milk to dry out. To help with pain and discomfort, wear a well-fitting support bra and put ice packs on your breasts. Do not use heat, massage the breast, or express milk.

Questions you may have

The answers to common questions

When can I start doing normal activities?

- If you had a vaginal delivery without any problems, you can get back to doing most of your normal activities right away. However, avoid heavy lifting, vacuuming, and a lot of stair climbing for the first two of weeks.
- If you had a Cesarean section (C-section), you will need to avoid heavy lifting and forceful activity (including sit-ups) for 6 weeks.

When will my period start again?

- If you are not breastfeeding your baby, you may start having your menstrual periods in about 3 to 10 weeks.
- If you are breast feeding, you may get your period in the first month or you may not have one for a year! Remember, you can become pregnant again even if you haven't had your period since your baby was born so you still need birth control.

When will I return to my normal weight?

- During the delivery, you lose 12 – 14 pounds. Losing the rest of the weight will take time.
- It takes most moms up to a year (8-12 months) to return to their normal weight. Losing the weight slowly is healthy and natural.
- The most important things you can do are: eat healthy food, drink a lot of water (limit soda and juice), and exercise. Because breastfeeding uses a lot of calories, it usually helps women lose their pregnancy weight. Walking is a great way to exercise and spend time with your baby!

When can I have sex again?

- Talk to your healthcare provider about
 - Making a plan for birth control before having sex
 - How long you should wait to have sex
- If you had stitches, you should wait at least 3 – 4 weeks before having sex so your scar can heal.
- If you had a C-section, you should wait at least 4 weeks so your scar can heal.

When do I need to see my midwife or doctor for a checkup?

- Vaginal delivery: 2 week check and discuss birth control
- Cesarean (C-section): 2 week visit to check your scar and discuss birth control and 6 weeks after the birth of your baby.
- Anytime you are worried about issues such as breastfeeding or if you had problems in the hospital and were told to have a check up sooner.

Is my baby getting enough breast milk?

- It is helpful to count the number of wet and dirty diapers to be sure your baby is getting enough milk. By the end of the first week, your baby should have 5-6 wet diapers and 3-4 dirty diapers each day.
- Keep in contact with your provider or Perinatal worker and call anytime you have a question about breastfeeding.
- Remember, it is normal to take time (sometimes 2 weeks) for your baby to gain weight when you are breastfeeding.

Postpartum Depression

- Many women feel tired and stressed after having their baby. But for some women, the feeling does not go away and they have a hard time taking care of themselves, the baby, work, and their social life. It is important to ask for help from family and friends.
- Please let your provider know if you:
 - Think of hurting yourself or the baby
 - Feel so unhappy that you cry or cannot sleep
 - Feel sad and miserable
 - Feel scared and don't know why
 - Feel worried all the time and don't know why
 - Always blame yourself when things go wrong
 - Have a hard time laughing or seeing things as funny
 - Have a hard time dealing with stress
 - Have a hard time looking forward to the future

