



POSTPARTUM INSTRUCTIONS

Contact The Group immediately upon discharge to schedule your 6 week appointment with a doctor or midwife, regardless if you had a vaginal birth or cesarean section. If you had medical complications during your pregnancy, such as elevated blood pressure, we may request an earlier check. Make a 6 week appointment to see the doctor or midwife after delivery, regardless.

We recommend that you read and adhere to the following:

1. **Refrain from douching, tampons and swimming** until after your post-partum check-up.
2. **If breastfeeding**, continue your prenatal vitamins daily, eat a well-balanced diet, and increase your fluid intake to 10-12 glasses of water per day. With any signs or symptoms of a breast infection (fever, flu-like symptoms, pain or redness in the breast) call the office for further instructions.
3. **If not breastfeeding**, continue to wear a good supportive bra, bind if necessary, use ice packs, take Tylenol or NSAIDS (Ibuprofen, Motrin, Aleve, Advil, etc.) for discomfort, and call the office if the problem persists or worsens.
4. **Vaginal bleeding** may continue for 4-6 weeks while the uterus is involuting back to pre-pregnancy state. You may have spotting and/or menstrual-like flow. Increased activity increases the flow. If bleeding or cramping increases to greater than a period, take NSAIDS at recommended doses and get off your feet. If bleeding is persistently heavy, call the office for further instructions.
5. **Cesarean section** patients should avoid lifting anything over 20 lbs. for 4 weeks. You may ride in a car, but no driving for about 2 weeks after a cesarean section.
6. **Exercise** – Listen to your body and if you feel well then the amount of physical activity is probably fine. What you can tolerate after delivery is dependent on your degree of pre-pregnancy fitness.



7. **Constipation** is very common. Drink 6-8 glasses of liquids every day. Citrucel, Metamucil, and stool softeners (Colace) may be used. Include food like bran cereal, fresh fruits and vegetables in your diet. Stool softeners are recommended while taking Percocet or Vicodin.
8. **Hemorrhoids** usually are more symptomatic after delivery. If they are a problem for you, we can prescribe medication to relieve symptoms.
9. **Post-partum blues** – Sadness, crying and blues are normal responses to hormonal changes in your body after the baby is born. Please let us know if you need additional assistance or if you are concerned that the blues have turned into depression. (link here to postpartum depression tab)
10. **Abstain from intercourse for 6 weeks** or longer if your stitches are still painful. Contraception options will be discussed with you in the hospital, and reviewed again at the time of your postpartum visit.
11. Please call the office if you have a **fever of 101F or greater** or develop a headache which is not relieved with Tylenol and/or NSAIDS.
12. If you had a **cesarean delivery**, keep your incision clean in the shower. Simply letting clean water course over the incision is sufficient, and you will not need to wash it with a wash cloth. Pat it dry with a towel and use a hair dryer on a cool setting to dry any remaining moisture. Call the office if the incision is swollen, red, or has any unusual drainage. Remove any remaining steristrips after 7 days.
13. **Tub bathing and showering** are permitted after vaginal births.

We encourage you to contact our office at (563) 355-1853 for both emergency and non-emergency questions and concerns. If you need to contact the office on weekends or after business hours, our answering service will give an on-call provider your message to return your call.