

Postpartum Instructions

Congratulations on the birth of your baby. What an exciting time for you and your family. Here are some general instructions to guide you from delivery until your postpartum appointment.

- Expect vaginal bleeding like a menses for up to four to six weeks. It will gradually taper and stop.
- Ibuprofen (Motrin or Advil) and/or Tylenol may be used for any discomfort and are felt to be safe with breastfeeding.
- To keep your stools soft, you may take Colace 100 mg up to three times daily.
- Please continue your prenatal vitamins. They help replace iron and will help the healing process.
- Strenuous exercise should be avoided for four to six weeks. Leisure walks are recommended after one to two weeks.
- You may ride in a car at any time. It is not recommended that you drive until you are completely pain free, usually two to three weeks after delivery.
- Please do not use tampons, douches or resume sexual activity until 6 weeks postpartum unless you have been evaluated by a doctor.
- Do not lift heavy objects for two weeks.
- Going up and down stairs in moderation is allowed.
- You may shower at any time. Tub baths are generally not recommended.
- Episiotomy care- use the squirt bottle as you find necessary and pat dry. No extra care is necessary. Sitz baths may help with any discomfort.
- For Cesarean scars- Keep the incision dry. In the shower do not scrub the incision but you can allow the water and soap to flow over the incision.
- Call the office within one week to schedule your 6-week postpartum appointment.
- Call the doctor sooner if:
 - o You have a fever of 100.5° F or greater.
 - o Your pain worsens.
 - o Your bleeding becomes much heavier, changing a maxi pad every hour for more than two to three hours, or you start passing several large clots.

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