



Postpartum Instructions from Princeton Medical Group OBGYN

The first days home with the baby.... Stay home!!!! No housework! No cooking! Limit visitors! Unless they will cook, clean and do the laundry for you and your baby!

Over the Counter Medications you may use:

- **For Pain**

- Ibuprofen (Advil, Motrin) 200 mg tablets.
Take THREE tablets (600mg total) every 4 hours with food as needed
- Acetaminophen (Tylenol) 500 mg every 6 hours as needed
- Dermaplast spray if you have pain in the area of the vaginal stitches

- **For Constipation**

- Senokot – Take 2 tablets by mouth at bedtime
- Metamucil fiber supplement
- Docusate 100mg twice daily

- **For Hemorrhoids**

- Anusol or Preparation H ointment-apply according to label directions
- Witch hazel wipes

Vaginal Bleeding/Discharge

Bleeding is expected and may vary in amount for 6 weeks.

Please call if you are bleeding more than 2 pads per hour for more than 2 hours or passing clots larger than a plum. It is common to pass some small quarter sized clots.

Please do not douche or use tampons.

If you are breastfeeding, your first period may not occur until your baby is 3 - 4 months old or later. If you are not breastfeeding, your period may start 6-12 weeks after delivery.



Care of your Vaginal Stitches (Vaginal delivery)

If your vaginal stitches are uncomfortable, try a sitz bath 2-3 times a day-use the disposable bath from your hospital stay or fill your tub with 4 inches of warm water. Sit in the warm water for 10 minutes. Gently pat or air dry.

You may apply topical emollients as needed, Dermaplast spray or Tucks. Your stitches will dissolve slowly as your body heals, typically by 6-8 weeks.

Your stitches will be checked at your 6 week postpartum visit.

Activity

Lie down each day and rest for at least 1 hour, preferably while your infant naps. Try to do this for 6 weeks.

Do not drive for 1 week; you may ride in a car if needed. Do not drive while taking narcotic medication.

Postpone heavy housework until vaginal bleeding stops

Have a leisurely walk for 20 minutes once or twice a day. You can push the baby in a stroller.

You may shower. Avoid soaking in a tub or swimming until your 6 week postpartum visit.

Every new mother recovers at a different rate. Use common sense and slowly return to your pre-delivery activity level. Progressive activity is important for a healthy recovery.

Exercise and Diet

Continue to take your prenatal vitamins. Breastfeeding Moms should take prenatal vitamins throughout the nursing period.

Breastfeeding Moms should have extra fluids. You have no postpartum dietary restrictions. Please note, what you eat may go into your breastmilk. For this reason, it is not recommended that you drink alcohol while breastfeeding.

Begin gentle postpartum toning exercises within a few days. Add one exercise daily in addition to your daily 30 minute walk.



Constipation and Hemorrhoids

Drink 6-8 glasses of uncaffeinated beverages a day.

Have 5 servings of fruits and veggies each day...include plenty of citrus fruits.

Use a bulk laxative, if needed, such as Metamucil or Citracel.

If problems, Senokot can be used once or twice a week.

Cesarean Section Recovery Instructions / Abdominal surgery

You may bathe or shower.

If steri strips are in place, **you can remove the steri strips after 14-21 days**, or if sooner if they begin to peel off. Please remove the strips prior to your 6 week postpartum visit.

No heavy lifting or strenuous activity for 6 weeks.

No sex or swimming for 6 weeks.

You may take 600 mg Ibuprofen every 4 - 6 hrs **with food** as needed for pain.

If you are given a prescription for narcotic pain medication, please do not drive while taking this medication.

Intercourse

Please do not resume intercourse until postpartum visit when you are cleared by the doctor.

Use a lubricated condom and extra lubrication such as Astroglide or KY when you resume intercourse.

You may wish to discuss other forms of contraception at your 6 week visit.

Breastfeeding

Breastfeeding is a learned skill and can be difficult due to a number of mom / baby factors. Both your PMG obstetrician and pediatrician are here to help you. There are lactation resources in the community that can help you learn how to breastfeed effectively. In addition to the hospital's breastfeeding support group, there are private lactation consultants that can evaluate your individual needs and come up with a plan. Many insurance companies cover lactation consultant visits. Please check with your insurance plan for more information.



Postpartum Warning Signs

- *Heavy, bright red bleeding over a pad an hour or large clots (larger than a plum size)*
- *Fever over 101 F*
- *Painful cramps not relieved by ibuprofen or Acetaminophen*
- *Painful lumps, swelling or redness in your breasts*
- *Increased pain in your stitches; redness, swelling and discharge from incision*
- *Continued pain or burning when you urinate*
- *Feelings of extreme stress, depression or not coping well after the delivery*

Call 609-924-9300 if you experience any of these symptoms.

Call the office within 1 week of delivery to schedule your postpartum visit at 6 weeks with the physician that you usually see in our office.