

POSTPARTUM DISCHARGE INSTRUCTIONS
SOUTH DENVER OBSTETRICS AND GYNECOLOGY
(303) 738-1100

We would like to take this moment to extend our heartfelt congratulations on the arrival of your infant. It has been a pleasure and an honor to be involved in your care. We sincerely hope that your pregnancy and birth experience has been a rewarding and joyous event. However, these next few weeks will be very important for you and your baby.

DIET

You may resume a normal diet when you are discharged from the hospital. Remember that if you are nursing you still have increased calorie demands and dieting is not recommended. You should continue your prenatal vitamins until your six week check-up or for as long as you may be nursing.

ACTIVITY

For the first week that you are at home it is best if you minimize your activity until you are more comfortable with your baby's schedule. After the first week you may begin driving, housework, shopping, or exercise. If you have had a cesarean section (C-Section) you should avoid these activities for at least two-four weeks or until cleared by your doctor.

MEDICATIONS

As previously stated, you should continue your prenatal vitamins until your six week check-up or for the duration of your nursing. Advil or Tylenol is recommended for any minor discomforts. Your doctor may prescribe a stronger pain medication if you are experiencing more discomfort. Additionally, you may receive prescriptions for iron supplements, stool softeners, or antibiotics when indicated. If you have questions about your prescriptions please ask your doctor or call the office.

SPECIAL INSTRUCTIONS

If you received an episiotomy (stitches in your bottom) these stitches will dissolve and need not be removed. If you had a C-Section your staples will be removed in the hospital and replaced with tapes. If these tapes have not fallen off after one week from discharge from the hospital, peel them away. You may bathe or shower as you wish, just be sure to keep the incision dry afterwards. If you notice any increase in pain, redness, or drainage from the incision, or temperature greater than 100.4F you should contact your physician immediately.

We do not recommend resumption of use of tampons, douching, or intercourse for at least four weeks following delivery.

Your bleeding may persist variably following delivery. It may stop and start or it may seem to linger for weeks. If you are not nursing often your periods will resume in four to six weeks. In some instances it may not resume for up to six months. If you are nursing, it may not resume at all until you wean the baby. You should not be alarmed at any bleeding pattern you have unless it is an outright hemorrhage (saturating pads per hour). If this occurs you should contact your physician immediately.

CONTRACEPTION

Even if you have not resumed your period, never assume you cannot get pregnant. Remember to use method of contraception that you have used in the past that has been successful. There are many options available to you that you should discuss with your doctor. If you resume intercourse prior to discussing this with your doctor, foam and condoms are recommended.

OFFICE VISIT

Plan to see your doctor for a follow-up visit in six weeks. If you had a cesarean section, you should schedule an appointment to be seen in two weeks after discharge. At any time that you feel you are experiencing a problem call the office to be seen before any scheduled visit.

