

**NEW HORIZONS OBSTETRICS/GYNECOLOGY,  
P.A.**

**After Delivery Care Tips**

FOR QUESTIONS CALL: 727-789-9006

When you are at home you should take it easy for the first few days. Try not to stand for prolonged periods or lift anything heavier than your baby. Eat good nourishing food and drink lots of fluids. Get plenty of rest. Don't be afraid to ask for help around the house and with the baby. Expect that you will tire easily and may even feel blue for a short time. This is normal. If **the "blues"** last longer than 3 full days please call our office.

You can **shower** and wash your hair. Even if you have had a C-Section. If you have an incision or an episiotomy you can wash that area also: use mild soap and pat the area dry.

You can resume some **exercises** today like walking. For swimming you should wait 2 weeks. For aerobics classes and running please wait until after your 6-week checkup. If you have had a C-Section do not drive for 2 weeks. When you do start to drive take another driver along in the car with you at first.

If you have had a **C-Section** you will find it more comfortable to wear waist high, loose underwear for a couple of weeks, as bikini style panties will rub along your incision. If you go home with staples or clips in your incision, you will need to call our office to come in about 3 days to have them removed.

Your **breast milk** will "come in" about 3 days after the birth. Your breasts may feel firm, tender or warm. Placing warm compresses on them before

feeding the baby will help your milk come down. If you don't plan to breast feed than you should wear a tightly compressing bra (sports bras can offer great support during this time) 24 hours a day and when your breasts fill apply ice packs 20 mins on and 20 mins off to ease the discomfort. Take Motrin, Advil, or Alleve if necessary.

**Medicines and what they are for:** these are a few of the commonly prescribed medicines that you may be given. Not everyone takes all of them after a birth.

**Motrin** for cramping (after birth pains)

**Tylenol with Codeine or Percocet** (pain not relieved by Motrin for C-Section Moms)

**Iron** to help build up your blood if you are anemic

**Colace** to help soften your stool if you are taking iron

**Do not put anything in your vagina for 6 weeks.** This means no fingers, tongues, tampons, douching, sex toys or intercourse.

**When should you call us?**

1- If you feel warm and take your temperature and it **is more than 101 F.**

2- If you start to **bleed heavily** soaking more than one sanitary pad per hour.

3- If you pass golf-ball size or larger blood clots from your vagina or if you smell a foul odor.

4- If your incision becomes red, hot and tender or starts to leak yellow-green pus.

5- If your pain or cramping medicine isn't working.

**6- If you develop chest pain, one of your legs is suddenly swollen and tender, OR you**

get a real bad headache you should go  
immediately to the emergency room.

Best wishes on your new addition! See you soon!