



## Women Physicians Associates

OB/GYN, P.A.

### **Obstetrical Discharge Instructions**

The healing process is an important part of your “delivery” experience. It is critical that you take the time to rest and conserve energy, eat a balanced diet, but refrain from any formal exercise until your postpartum visit. You will find yourself easily fatigued for several weeks and should pace yourself accordingly.

1. Your post-partum visit can be scheduled prior to leaving the hospital. If not, call the office during your 1<sup>st</sup> week home at 779-6776, or you can visit our website at [www.wpaobgyn.com](http://www.wpaobgyn.com) to make your appointment.
2. Avoid douching, intercourse, or tampons until after your post-partum check up.
3. Avoid lifting anything heavier than your baby until your 6-8 week postpartum visit. At the time of your post-partum check, we will discuss your recovery and determine resumption of normal activities including employment.
4. Report any heavy bleeding or clotting, unusual pain or fever more than 101 degrees Fahrenheit.
5. Showering is okay; only resume bathing 1-2 weeks after delivery only if you are able to get in and out of the bath tub safely. Avoid swimming pools, spas or lakes until your post-partum visit.
6. If you have an abdominal incision with tape strips, remove these strips 1 week after your discharge from the hospital. Hydrogen peroxide may be used 2-3 times daily to clean the wound and help to remove the tape. If the incision begins to redden, harden, or drain pus please call our office.
7. You may maneuver stairs, but do it as a child does, step by step not step over step. If you have multiple steps in your home, plan your day to minimize going up and down the steps repeatedly.
8. Do not drive until instructed by your doctor (usually 2 weeks). Prior to driving, enter your driveway or an empty parking lot with a responsible passenger and *SLAM* on brakes. If it hurts or causes you to hesitate, wait another week before trying again. *Remember that your baby should always be in a car seat.*
9. Many vaginal procedures are associated with vaginal discharge. This is normal and is the result of the stitches. It will decrease over 4-6 weeks. If the discharge increases or is associated with heavy bleeding, please contact us. If you are not nursing, you may resume a normal period in 6-8 weeks.
10. If you are nursing, keep your nipples dry. The baby should nurse on each breast for 10-20 minutes at a time; 8-12 times per day. You may use the following on your breasts if needed:
  - a. Lanolin/ Lansinoh
  - b. Glycerin gel pads, Soothies
  - c. Hydrogel dressings
  - d. Air dry the nipples
11. If you are experiencing problems with breastfeeding, breast milk production, please call the Breastfeeding Help Line (*PRMH*) at 434-2307 and leave a message (a registered nurse will return calls every afternoon), Denise Altman (*All The Best*) at 479-2327 or our Maternity Care Coordinator/ Nurse at 779-6776.
12. A temperature over 101 degrees Fahrenheit, redness or pain in breast while feeding; this may be a sign of mastitis. Please call our office if you experience these symptoms.
13. The following over-the-counter medications may help you during your post-partum recovery:
  - a. Gas-X for gas pain
  - b. Tylenol (Regular or extra strength) for general pain
  - c. Milk of Magnesium or Senekot tablets for constipation
  - d. Mylicon, Mylanta or Tums for reflux
14. It is not unusual to experience emotional ups and downs. But if you are experiencing more bad days than good days, please call the counseling center at 296-3715 (leave a message) or E-mail [virginia.williams@palmettohealth.org](mailto:virginia.williams@palmettohealth.org) for more information.