



Vaginal Delivery - Postpartum Instructions

General Information

- After having your baby, the postpartum period can be challenging for mothers and families
- Your body needs time to heal, resting is important and little or no housework should be done
- It is common to feel overwhelmed emotionally and physically—keep open communication with your medical provider and support system
- Ask for help when needed

What is recommended after I go home?

- Your activity level should be kept low until your medical provider releases you for increased activity
- Drink plenty of water & fluids to keep you hydrated; also eat healthy meals to restore energy
- Add a stool softener and drink plenty of water to avoid straining when having bowel movements
- Continue your prenatal vitamin
- Bleeding may occur and increase with too much activity; use this as a measure to see how much activity is too much activity

What is recommended for daily activities?

- Bathing - use plain water and no oils or bubbles
- Nursing women need an additional 500 to 750 calories per day - getting calcium is an important part of you diet; if you aren't nursing, you can return to your normal diet
- Exercise - walking is ok when comfortable, start slow. No weight lifting, sit ups or vigorous activity until cleared by your physician
- Refrain from intercourse for up to six weeks after delivery
- Rest when the baby sleeps and try to limit visitors for the first week or two
- Weight Loss: losing up to 20 pounds in the first 10 days is normal, after that it is best to lose about 1/2 pound per week

What can I do to help emotionally after the birth of my child/

- Take time to sit and bond with your baby
- Discuss the birth and negative feelings with your support system or medical provider
- If you have trouble with breastfeeding, contact our office to discussing using a lactation consultant
- Ask for help! If you have questions about the pregnancy experience or regarding post partum depression, talk to your medical provider

When To Call Our Office—(307) 745-8991

- Fever over 100.4°F
- Severe headaches that don't get better with time
- Leg pain, swelling or redness
- Blood in the urine or burning sensation while urinating