

## Sharp and Stone OB/Gyn

### Post-Partum Instructions

Congratulations! We wish you a quick and healthy recovery! Here are some guidelines you may wish to refer to in the days ahead.

#### Return Office Visit

Below these instructions is your follow up appointment. If you need to reschedule this appointment, please call our office at 205-933-4020. If you had a Cesarean Section, you will be seen in our office at one week for suture removal. *All new moms should follow up with your physician at 6 weeks.*

#### Diet

We recommend a well-balanced diet, especially if you are breast feeding. Continue taking your prenatal vitamins and iron pills, one per day, for the next month. If you are breast feeding, you may continue them while you are nursing.

Remember to include foods from each of the basic food groups, especially proteins like eggs, yogurt, meat and beans, and foods containing Vitamin C. Try to eat some type of roughage, for example, bran cereal, lettuce, fruit, vegetables, at least once a day. Drink large quantities of water to aid in avoiding constipation. Prune juice may also be helpful. If constipation should become a problem, call our office for additional instructions.

#### Continuing Care

Upon discharge, you may to take a tub bath and wash your hair. If you had a vaginal delivery, continue cleansing the episiotomy area for a few days, as instructed in the hospital. Keeping this area clean with warm water is the objective. The medication you were given in the hospital may be taken home with you. If hemorrhoids occur, treat with Tucks or Preparation H.

Uterine contractions or cramps will continue for several weeks as your uterus returns to normal. Spotting and/or bleeding for four to six weeks is not unusual.

#### General Activities

It is recommended that you relax and enjoy your newborn the first seven to ten day at home. You may begin driving after a period of ten days to two weeks. Remember, light exercise is the key to a quick recovery. Walking is great exercise. You may walk up and down stairs in moderation. It may be four to six weeks before you feel you have regained your strength.

Sexual intercourse may be resumed after your six-week post-partum visit. You should consider a form of contraception. Pregnancy can occur while breast feeding, contrary to wives' tales. Please discuss your options with your physician at your post-partum visit.

### **Concerns**

We are always happy to assist you. If you experience any of the following symptoms, heavy bleeding including flooding and/or dizziness, temperature above 100, unusual pain, elevated blood pressure, uncontrolled headache, please call our office at 205-933-4020 for further instructions.