

POSTPARTUM CARE

These are some helpful tips to make your transition to motherhood and the postpartum period easier.

1. **Vaginal Bleeding**

You can expect to have bleeding for up to 6 weeks. The bleeding should get progressively less as the days continue. If you notice that the bleeding is getting heavier, particularly if there are large blood clots or you are using more than 1 pad per hour, please contact our office immediately. If you are breast feeding, the bleeding may be heavier for a brief period of time after you feed and that is normal.

2. **Perineal/Vaginal Care**

If you had a vaginal delivery or were pushing, the vaginal and perineal area may be sore and swollen: this is normal. When you shower, please make sure you place warm, soapy water to the area and "pat-dry" afterwards. Tucks pads or sitz baths 2- 3 x per day may also alleviate some of the pain. If the pain still exists after these steps and the use of pain medication, please call our office.

3. **Pain Medication**

Motrin, Advil, Tylenol or Aleve are all medications that may help with this pain and are safe with breastfeeding.

- Motrin, Advil or Ibuprofen (600mg=3 tablets) every 6 hours for pain. Try and take with food.
- Tylenol 650mg every 4 hours for pain.
- Dermoplast Spray: apply to perineal area every 4-6 hours as needed.

4. **Breast Care**

If you are not going to breastfeed, a tight bra and ice packs will help decrease milk production and alleviate breast pain and engorgement. If you do experience pain any of the listed pain medications can be helpful. Breast engorgement is normal 3-7 days post delivery. If this occurs, try breastfeeding or pumping, a warm shower, warm compresses or breast massage. These maneuvers will often alleviate most breast issues. If you have breast redness and fever with the engorgement, this may be a breast infection and you should call our office because you may need antibiotics. If you have additional questions about breastfeeding, here are some helpful numbers of **Lactation Consultants**:

- Fledgling Families: 1.855.353.3454 www.fledglingfamilies.com
- Melissa Nagin 914.833.2083 or 914.374.1632
- Mount Sinai Lactation Consultation: 212.241.6578 or 212.241.7491
- Fern Drillings: 212.744.6649 www.ferndrillings.com
- Gretchen Farrell: 914.391.2974
- Freda Rosenfeld: 718.469.5990 fredaibclc@aol.com (Brooklyn)
- Opal Horvat: 201.981.8924 www.breastfeedingnj.com (New Jersey)

5. **GI Concerns**

Most women are concerned about having a bowel movement after delivery. This is a normal fear. If you keep the stool soft with hydration (drink water) and fiber high foods, constipation and a painful bowel movement can usually be avoided. If you feel like you need additional medication, Colace (100mg 1-3 x per

day) or Miralax (1 capful a day), may also be helpful. Extra medication may be needed for women who are on narcotic medications after their deliveries because codeine and the like can make women constipated.

6. Hands and Feet

Swelling of your hands and feet is normal postpartum and may get worse in the several days after delivery before it gets better. If you notice that one leg is significantly more swollen than the other, please call our office. Otherwise, do your best to elevate your feet at the end of the day. The swelling will get better with time.

7. Post-Operative Care

If you had a C-section, pain and numbness on the skin around the incision site is normal. Steri-strips, which are super sticky band-aids, are placed over the incision before you are discharged home. You can shower and allow warm, soapy water to wash over the incision. If the steri-strips start to fall off that is normal. They may be removed after 5 days or we will remove them in 2 weeks during your post-operative check. If you notice discharge, redness, a foul smell or fever, you need to call our office immediately.

8. Depression

Many women suffer from postpartum blues. This is normal since your hormones change during the post delivery period. If you feel that your symptoms are severe and may require further intervention, please call our office.

9. Restrictions

-Nothing in the vagina: no sex, tampons or douches for 6 weeks.

-Exercise:

If you had a C-section, no exercise or heavy lifting (more than 35 pounds) for 6 weeks.

If you had a vaginal delivery, no exercise for 4 weeks. Long walks for all patients are acceptable.

-Avoid baths and swimming pools until you have had your 6 week post partum check.

Please call our office to schedule an appointment in 2 (C-section) or 6 weeks (vaginal delivery).

234 East 85th Street, 3rd floor, New York, NY 10028 • Tel (212) 731-3232

465 Ocean Parkway, Brooklyn, NY 11218

101 Broadway, Suite B02, Williamsburg, NY 11249

300 Cadman Plaza West, 17th fl, Brooklyn Heights, NY 11201

www.nyobgynpc.com

Congratulations! We look forward to seeing you soon!