



Postpartum Instructions for Vaginal & C-Section Patient

Now that you are preparing to go home, there are several things to consider:

1. Call the office to schedule a 6-week postpartum check-up appointment. The office number is 804.272.5508.
2. NO douching, intercourse, or tampons until you are examined or your physician tells you otherwise.
3. DO NOT lift anything heavier than you baby. Older children may sit on you lap.
4. You may ride in a car for the first 10-14 days after delivery but not for long distances. Do not drive a care for 2-3 weeks after delivery. Check with your physician before taking any trips.
5. Wear a good supporting bra and if you are not breastfeeding, do not stimulate the breast. Ice under your arms may help to decrease engorgement. Or try cabbage leaves in the bra.
6. Hemorrhoids may be helped with sitz baths and hemorrhoidal ointments. Continue the sitz bath at least 2-3 times a day for the first 1-2 weeks. This will help with hemorrhoid discomfort as well as episiotomy discomfort and healing.
7. Do not climb steps unnecessarily (once or twice daily for the first week).
8. Continue taking your prenatal vitamins at least 4-6 weeks after you deliver. You should continue taking the vitamins for as long as you plan to nurse.
9. You may have bleeding or a bloody discharge for the next 4-6 weeks.
10. Do not take tub baths or go swimming for 4 weeks.
11. Try to nap when your baby naps.
12. Do not become constipated. You may take Milk of Magnesia, if necessary, or any over-the-counter stool softener.
13. Notify us if you experience:
 - a. Heavy vaginal bleeding or foul-smelling vaginal discharge.
 - b. Fever of 101°F or higher on 2 occasions
 - c. Severe breast pain or pelvic swelling
 - d. Severe nausea/vomiting that continues longer than 24 hours, especially in patients who have undergone postpartum D&C, C-Section or patients who have had a postpartum tubal ligation.

Above all, please notify us if a problem arises. You can call the office during business hours, and a nurse will be available to speak with you. If you have an emergency, please contact the answering service at 804.272.5508, and they will contact our on-call physician.