

NORTHSIDE/NORTHPOINT OB-GYN

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Postpartum Care

Congratulations on the birth of your baby!

Here are some expectations and tips for your postpartum recovery.

When you first bring your newborn home from the hospital it is very exciting and can be a bit intimidating.

- Take up on any offers from your family to help with cooking, cleaning, etc but also remember you can turn away visitors if you are feeling overwhelmed or are too exhausted.
- Try to rest as much as possible and nap when your baby naps.
- Drink water throughout the day and make sure you are meeting nutritional needs especially if you are breast-feeding.
- Continue your prenatal vitamins if you are breastfeeding.
- If you are taking iron prescribed in your pregnancy continue it as well until your postpartum visit.

For recovery from vaginal deliveries:

Your bottom may be sore for several weeks. Use tucks over the counter hemorrhoid pads if needed to soothe your bottom when wiping. Use the peri-bottle from the hospital to rinse your bottom with warm water after using the restroom. No intercourse or tampons for 6 weeks. Stock up on pads from the store. Your bleeding can last up to 6-8 weeks but will get lighter each week and you may only have brown spotting at the end. A slight vaginal odor is also common from the bleeding. Sitz baths can also be helpful from soreness from stitches. Use can use the hospital kit or your tub and add 2-3 inches of warm water+/- Epsom salts. Soak for 5 minutes several times during the day. Your stitches will dissolve on their own. You will receive a prescription for Motrin and Percocet in the hospital for pain. You may not need the Percocet which is a stronger medication. Both medications are safe with breast-feeding. Do not exercise for 6 weeks.

For recovery from C/section:

Your incision needs little care. You can shower but avoid soaking in the tub for 2 weeks. Rinse off your incision with warm, soapy water and blot it dry. You will have steri-stip bandages across the incision when you go home from the hospital. These may fall off on their own but should be removed 2 weeks after the day of discharge if they have not. Your incision may be sore for 1-2 months. You will receive a prescription for Motrin and Percocet in the hospital for pain. Try to wean off the Percocet 1-2 weeks after discharge from the hospital. Both medications are safe with breast-feeding. Avoid any heavy lifting. No driving for 2 weeks. You may walk up and down stairs but try to limit the number of trips you make each day.

Your postpartum visit should be scheduled 6 weeks after delivery of your baby. Please call or office to schedule this appointment. At that visit we will perform an exam and discuss birth control options.

Reasons to call the office are heavy vaginal bleeding (using more than one pad per hour), fever with temp of 101 or greater, redness or pus-colored drainage of incision, severe pain with redness of breast.