

The Womens Center
Dr. James Bendell, MD, PhD

Congratulations on your new arrival!!

We have put together a few tips that may ease your transition home. You will also find a list of resources available to you for questions or help.

Vaginal Bleeding:

Your bleeding/discharge may continue for several weeks and should become progressively darker and eventually turn to fluffy white. The bleeding comes from the uterus where the placenta was attached. To prevent infection avoid the use of tampons and wait until your postpartum check up (six weeks) before resuming intercourse. If you notice a bad odor, significantly increased pelvic pain, or significantly increased bleeding please contact us.

Hemorrhoids:

Hemorrhoid pain and itching is very common post-partum. Hot baths, sitz baths and over-the-counter medications are safe and helpful. Tucks containing Which-hazel are very soothing and avoid the discomfort of a suppository.

Fever:

You can expect a low-grade (less than 101) temperature when your milk comes in. Plain Tylenol (acetaminophen) is safe for you and your baby. If a fever above 101.5 persists over two hours despite Tylenol please contact us.

Breast-feeding Mothers:

Congratulations on choosing to breastfeed your baby! Research has shown that breast-feeding has many benefits to you (i.e. weight loss, money saved) and your baby (i.e. decreased infections, better weight gain). Please be aware that breastfeeding can be hard and frustrating but is well worth it and almost always becomes easy with a little patience and practice! For technique problems or any questions the hospital has lactation consultants who would be glad to help you (see list). Wear a support bra day and night until your milk is established. Feed frequently (every 2 hours during the day) to stimulate the milk supply until the milk comes in. Once the milk comes in feedings will space out to every 3-4 hours in most cases. If you have hard, hot, or painful areas in the breast please contact us. For discomfort during engorgement you may take Tylenol. Engorgement generally lasts only 48-72 hours.

Bottle-feeding Mothers:

If you are having problems with your baby's formula please contact his or her doctor. When your milk comes in you may experience some discomfort, generally Extra Strength Tylenol will ease this. We recommend a firm-fitting bra day and night for the 2-3 days engorgement lasts. Cool cabbage leaves arranged inside the bra and changed every 2-3 hours provides relief from discomfort and suppresses the milk supply. Some people may need to wrap their breasts with ACE bandages in addition to the supportive bra and

cabbage leaf treatment. Avoid stimulation of the breast manually or with heat (water from hot shower or heating pad). Cold packs are a much better choice. Two bags of frozen peas make a great cold pack!

Exercise:

Regular aerobic exercise (walking, swimming, gentle muscle toning, etc.) is wonderful as soon as it feels comfortable. Extensive exercise such as weight training is best left till after your 6-week checkup. We recommend beginning Kegal exercises as soon as they are comfortable. Kegal exercises involve repetitive tightening the muscles of the vagina and pelvic floor for about 3-5 seconds. These muscles are the same ones that will stop urination mid-stream (do this only to identify the muscles as frequently stopping your urine can damage the bladder). You need to do about 100 of these every day! They are best done in 10 sets of 10 contractions spaced throughout the day.

Cesarean Section:

Clean your incision twice daily with Hydrogen Peroxide. Contact us if you experience significant drainage, foul odor (abdominal or vaginal), or significant redness around the incision. Do not drive or lift anything heavier than the baby for 3 weeks following the surgery.

Post-Partum Depression:

Having a new baby can be very stressful; depression is more common than you think. Approximately 10% of all women will experience post-partum depression and the earlier it is identified the easier it is to treat! “Baby Blues” (due to the profound changes in hormones after delivery) are normal and are experienced by approximately 80% of women. “Baby Blues” should be short term (2 – 14 days post-partum) and usually alternate with happiness. Post Partum depression is longer lasting with feelings of sadness, sleepiness, lack of energy, and possible thoughts of hurting yourself or your infant. If you or your family members are concerned please call us immediately. There are excellent medications that help most people and will allow you to enjoy this time of your life. Please be aware that being a mother is extremely hard work and accept any help offered to you. Be honest with your emotions and share them with friends and family you trust. Fear, anxiety, disappointment, stress and fatigue are just as normal in the post-partum period as joy, excitement, satisfaction and calm. It is a reasonable balance of these emotions that signify a healthy post-partum period.

Medications:

As mentioned, acetaminophen (Tylenol) is safe post-partum for you and your baby. Most other medications are similarly safe however please contact us if you are prescribed a medication that you are not sure of.

Birth Announcement: If you want us to inform the local paper of your Child's birth please fill out the attached form and give it to your nurse who will fax it to our office. The following resources are available to you:

The Womens Center:

706 845-0500

