



What do I
need to know
Postpartum?

Postpartum Appointments

If you did not schedule your PP appt at your last OB appt please call the nurse line when you are discharged from the hospital (512) 533-4121

➤ Cesarean Section

- 2 Weeks Postpartum - At this appointment we will remove the dressing over your incision site and assess your incision.
- 6 weeks postpartum- At this appointment we will make sure your incision is healed, assess for post-partum depression, discuss birth control options, and clear you for routine activities.

➤ Vaginal Delivery

- 6 Weeks Postpartum - At this appointment we will do a pelvic exam making sure you are well healed, prescribe pelvic floor physical therapy, assess for postpartum depression, discuss birth control options, and clear you for routine activities.





Physical Restrictions After Delivery

Whether you delivered vaginally or via c-section you need to take it easy after delivery.

Your uterus is starting to shrink down and you will have bleeding for up to six weeks after delivery. So you will need extra absorbent pads, do not use tampons at this time until OK'ed by your doctor.

Your activity levels should be kept low. This means not lifting anything heavier than your baby, not doing any exercise more vigorous than gentle walking, not taking a bath, and not having intercourse until your doctor tells you it is safe. Doing too much activity can cause your bleeding to increase; if this happens listen to your body and slow down. Call the office if you are saturating more than 1 pad/hour for 2 hours in a row.

After a c-section delivery you should also not do any bending at the waist, twisting, or turning as these movements pull on your incision site and can cause it to open. If you need to pick something up from the floor do a squat or ask for help.

When to call after Delivery

- Fever over 100.4 F
- Blood clots greater than the size of a lemon
- Soaking 2 pads in 1 hour for 2 hours in a row
- Orthostatic hypotension: fainting, racing heartbeat, blurred vision
- Pre-eclampsia symptoms: Severe headaches, chest pain, shortness of breath
- Swelling of one leg
- If you feel you are experiencing Postpartum Depression



What to Have at Home

- ▶ Ice packs
- ▶ Maxi pads
- ▶ Nursing bras
- ▶ Prenatal/postnatal vitamins
- ▶ Stool softener
- ▶ Hemorrhoid cream
- ▶ Tylenol/Ibuprofen
- ▶ Postpartum belly wrap
- ▶ Diaper changing station – diapers, wipes, diaper cream, trash can/diaper pail, change of clothes for baby, a favorite toy, hand sanitizer.
- ▶ Breastfeeding station – a comfy chair, snacks and water, entertainment (book, TV remote, tablet, etc), nipple cream, nursing pads, burp cloths, nursing pillow.



Baby Blues

70-80% of people experience mood swings or negative feelings after baby is born. Usually symptoms will begin 4-5 days after delivery and may occur for a few minutes to a few hours, but should lessen after 14 days postpartum.

➤ Symptoms include:

- Crying for no reason
- Impatience
- Irritability
- Anxiety
- Fatigue
- Insomnia

➤ Ways to care for yourself:

- Talk with someone you trust about how you are feeling
- Maintain a well balanced diet; too many carbs can worsen mood swings
- Keep a journal
- Get out in the fresh air
- Ask for help
- Be patient with yourself as you heal and adjust to your new normal



Postpartum Depression

- ▶ Postpartum Depression may cause extreme feelings of sadness, irritability, exhaustion, or anxiety that make it difficult to care for yourself or your family.
- ▶ Signs and Symptoms
 - Feeling hopeless, empty, or overwhelmed
 - Crying for no apparent reason
 - Feeling overly anxious
 - Irritability or restlessness
 - Oversleeping or being unable to sleep
 - Having trouble concentrating or making decisions
 - Anger or rage
 - Losing interest in enjoyable activities
 - Withdrawing from social interaction
 - Trouble bonding with baby
 - Thoughts of self harm or harming baby

If you are experiencing these symptoms please give us a call at (512) 533-4121

If you are in crisis or thinking of suicide call the National Suicide Prevention Line at 1-800-273-TALK, go to your nearest ER, or call 911

Perinatal Mental Health Discussion Tool

As many as 1 in 7 moms (1 in 10 dads) experience symptoms of depression and anxiety during the postpartum period. People of every age, income level, race and culture can develop Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and within the first year after delivery. This tool can help track your symptoms and discuss them with your medical provider. Being your own advocate is okay and you deserve to be well.

I have been experiencing the following symptoms: (please mark all that apply)

- | | |
|---|---|
| <input type="radio"/> Feeling depressed or void of feeling | <input type="radio"/> Flashbacks regarding the pregnancy or delivery |
| <input type="radio"/> Feelings of hopelessness | <input type="radio"/> Avoiding things related to the delivery |
| <input type="radio"/> Lack of interest in the baby | <input type="radio"/> Scary and unwanted thoughts |
| <input type="radio"/> Trouble concentrating | <input type="radio"/> Feeling an urge to repeat certain behaviors to reduce anxiety |
| <input type="radio"/> Brain feels foggy | <input type="radio"/> Needing very little sleep while still functioning |
| <input type="radio"/> Feeling anxious or panicky | <input type="radio"/> Feeling more energetic than usual |
| <input type="radio"/> Feeling angry or irritable | <input type="radio"/> Seeing images or hearing sounds that others cannot see/hear |
| <input type="radio"/> Dizziness or heart palpitations | <input type="radio"/> Thoughts of harming yourself or the baby |
| <input type="radio"/> Not able to sleep when baby sleeps | |
| <input type="radio"/> Extreme worries or fears
(including the health and safety of the baby) | |

Risk Factors

Below are several proven risk factors associated with postpartum depression (PPD) and postpartum anxiety (PPA). Knowing these risk factors ahead of time can help you communicate more effectively with your family and medical provider and put a strong self-care plan in place.

Please mark all risk factors that apply:

- | | |
|---|---|
| <input type="radio"/> History of depression or anxiety | <input type="radio"/> Birth of multiples |
| <input type="radio"/> History of bipolar disorder | <input type="radio"/> Baby in the NICU |
| <input type="radio"/> History of psychosis | <input type="radio"/> Relationship issues |
| <input type="radio"/> History of diabetes or thyroid issues | <input type="radio"/> Financial struggles |
| <input type="radio"/> History of PMS | <input type="radio"/> Single mother |
| <input type="radio"/> History of sexual trauma or abuse | <input type="radio"/> Teen mother |
| <input type="radio"/> Family history of mental illness | <input type="radio"/> No or little social support |
| <input type="radio"/> Traumatic pregnancy or delivery | <input type="radio"/> Away from home country |
| <input type="radio"/> Pregnancy or infant loss | <input type="radio"/> Challenges with breastfeeding |

RESOURCES

www.postpartum.net

- **PSI Helpline:** For local resources please call 800-944-4773 or text us at 503-894-9453. We can provide information, encouragement, and names of resources near you.
- **FREE Online Weekly Support Groups:** Led by a trained facilitator. For days and times please visit: <http://www.postpartum.net/get-help/psi-online-support-meetings/>
- **FREE Psychiatric Consult Line:** Your medical provider can call 800.944.4773 x 4 and speak with a reproductive psychiatrist to learn about medications that are safe for you to take while pregnant and breastfeeding. <http://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>

Crib Safety & Preventing SIDS

Everything you need to know to keep your kids safe from crib injuries and SIDS.

Unintentional suffocation is the leading cause of injury death among children less than 1 in the United States, accounting for nearly 1,000 infant deaths annually.

Tips for choosing a crib

Buying a new crib ensures that your child has the safest crib available. However, if you are getting a used crib, be sure to check carefully that:

- It has not been recalled (www.cpsc.gov).
- It should not have cutout areas on the headboard or footboard.
- No missing, loose, splintered or cracked slats.
- Slats are 2-3/8 inches apart or less so a soda can will not fit through.
- The mattress fits snugly against the frame. It should allow no more than two fingers between the edge of the mattress and the crib side.
- There are no sharp corners, jagged edges or projections, such as posts that could catch the baby's clothing. Posts should be 1/16 of an inch high or less.
- Regularly check the crib's hardware to make sure screws or bolts holding the crib together are tight and not missing.



Preparing the crib for your baby

- Place the crib at least two feet away from heating vents, windows, window-blind cords, drapery or wall lamps and one foot from walls and furniture.
- Cover the mattress with a snug-fitting crib sheet with elastic corners and nothing more.

In the crib

- Do not use pillows, blankets, bumpers, stuffed animals in the crib. Keep plastic bags, strings and balloons away from the crib.



Once your child is able to push up on his or her hands:

- Remove crib gyms, decorations, or mobiles that hang across the crib.

What is Sudden Infant Death Syndrome (SIDS)?

SIDS is the unexplained death of a seemingly healthy baby in their sleep for no apparent reason. We don't know what causes SIDS but all babies are vulnerable. We do know that SIDS is not contagious or hereditary.



Parent Information for Choosing a Child Care Provider

Parent Choice of Provider Types

You have the option to choose the provider type that best meets your child care needs. Provider types include the following:

- Licensed child care centers
- Licensed child care homes
- Registered child care homes

To learn more about these provider types, visit the Texas Health and Human Services Commission Child Care Licensing (CCL) website at

https://www.dfps.state.tx.us/Child_Care/Information_for_Parents/child_care_types.asp.

You may also choose an eligible relative. Relatives are required to undergo background checks and list with Child Care Licensing.

Child Care Licensing

Child Care Licensing inspects and monitors child care providers. You can view child care providers for their compliance with state standards on the following website:

http://www.dfps.state.tx.us/Child_Care/Dont_Be_In_The_Dark/default.asp

Choosing a Quality Child Care Provider

Choosing a high-quality program can have a significant impact on your child's readiness for success in kindergarten and later grades. Children who attend high-quality programs can make significant gains in their knowledge, skills, and abilities. In Texas, child care programs can pursue higher quality through several avenues. [Texas Rising Star](#) (TRS) is one of these options for child care providers and for parents looking for high-quality child care for their children. Additionally, child care providers participating in the [Texas School Ready](#) grant program provide quality child care services that focus on preschool children.

You can find more information about quality child care at

<http://texaschildcaresolutions.org/quality-child-care/>.

Car Seat Safety

- ▶ Infants and children up to 2 years old must be rear-facing in the car. Once they outgrow their infant car seat it is recommended to use a convertible car seat in the rear facing position until they reach the top height or weight limit by the car seat manufacturer.
- ▶ Watch this [video](#) on how to install an infant car seat.
- ▶ After installing your car seat it is a good idea to have it checked by a Certified Child Passenger Safety Technician to ensure proper restraint.
- ▶ Safe Kids Austin offers free car seat checks by appointment
 - ▶ Call 512-324-TOTS
 - ▶ Use [this link](#) to find a calendar of events





Birth Control and Future Pregnancies

- ▶ Some things to consider when deciding on methods of birth control are how many children you want, what kind of delivery you had, if you're breastfeeding, and ease of use.
- ▶ For patient's who have had a C-Section, Dr. Capet's general recommendation is to wait at least 12 months before trying to conceive again to give your body time to heal.
- ▶ Estrogen can decrease breast milk supply; Progesterone only or hormone free options are recommended. These include the progesterone only pill, IUDs, Nexplanon, NuvaRing, and condoms.
- ▶ If you're not good at taking medication at the same time every day or remembering a condom in the moment you may want to consider a long acting reversible contraceptive such as an IUD or Nexplanon.



Resources

- ▶ "Mamas for Mamas" Pregnant and Postpartum support group
 - ▶ Monday nights 6:30 – 8 pm
 - ▶ Call 512-920-3737 or e-mail info@melissabentley.net
- ▶ Free telephone parent helpline: 512-334-4444
- ▶ Family/friends can start a [meal train](#) to help the new family
- ▶ North Austin Mother's [Club](#)
- ▶ Partner's in [Parenting](#)
- ▶ Explore birth control options at [Bedsider.org](#)