



**CONGRATULATIONS on your new arrival!!!**

Instructions following your ***vaginal delivery...***

<b><u>MEDICATIONS</u></b>	<b><u>FOLLOW-UP APPOINTMENTS</u></b>
Vicodin, Percocet, Darvocet, or Tylenol #3 1-2 tablets every 4 to 6 hours for pain (DO NOT take on an empty stomach).	Call our office upon your arrival home to schedule your first postpartum visit (3 weeks after the delivery date).
Motrin (Advil) 600 mg every 6 hours as needed for cramping.	
Tylenol (regular or extra strength) 1-2 tablets every 4 hours as needed for pain.	
Colace (over the counter) 100 mg twice daily as needed (stool softner).	At your visit, we will then schedule your second postpartum visit (6 weeks after delivery).
Anusol HC or Tucks as needed for hemorrhoids.	
Continue prenatal vitamins especially if you are breastfeeding.	

**SPECIAL INSTRUCTIONS**

- \* If you experience a temperature over 100.5, an increase in vaginal bleeding, or persistent nausea and vomiting, contact the office.
- \* It is common to bleed up to 6 weeks postpartum. Your bleeding should decrease gradually, if it increases or you pass large blood clots, contact the office.
- \* If you had an episiotomy or laceration requiring a repair, the sutures will dissolve within 6 weeks. Take a sitz bath or soak in the bath tub twice daily as needed for discomfort (NO soap or bubble bath). If you notice redness, swelling, discharge, or an increase in pain, contact the office.
- \* NO sexual intercourse for 6 weeks.
- \* Do not use tampons or douches for 6 weeks.
- \* Drink plenty of fluids (i.e. 8 eight ounce glasses of water per day), especially if breastfeeding.
- \* Try to sleep when the baby sleeps.
- \* We encourage walking but no strenuous exercise prior to 2 weeks postpartum.

**BREASTFEEDING INSTRUCTIONS**

- \* If your breast(s) become red and tender, or if you develop fever/chills, you may have developed MASTITIS (Inflammation of the breast), a condition which requires antibiotic treatment. If this occurs, please call the office immediately.
- \* For sore or tender nipples use lanolin (Lansinoh) after feeding. It is best to avoid cleaning the nipples with soap and when possible, allow nipples to air dry after feeding.  
You are encouraged to wear a bra 24 hours a day for support.
- \* Remember that what you eat affects the baby. You should avoid food that upsets your stomach (i.e. spicy or gassy foods). Be aware if the baby has a problem with gas as it may be related to your diet.
- \* You should be cautious when taking any medication including over the counter medications. Please visit our website, [www.lonetreeobgyn.com](http://www.lonetreeobgyn.com) for a list of medications or you may call the office or consult with a pharmacist to make sure they are okay to take while breastfeeding.
- \* If you are breastfeeding you will require more calories than when you were pregnant (approx. 2,500 – 3,000 calories / day). So, be sure to continue a healthy diet, and take your prenatal vitamins while breastfeeding.
- \* If you are not breastfeeding you should wear a tight bra to help alleviate the pain of engorgement. You may also use ice or place cold cabbage leaves inside your bra.

**POSTPARTUM BLUES**

- \* Postpartum blues is a very common occurrence after delivery of a baby. It is normal to feel sad and experience crying spells. However, if you begin to have difficulty sleeping, performing daily activities, losing appetite, and experiencing problems relating to others you may be suffering from postpartum depression which may require treatment. If this occurs you should call the office.

Most of all have fun and good luck!!!