



**THE GUIRGUIS OBSTETRICS
& GYNECOLOGY GROUP**

Postpartum PATIENT Information Packet

Now that you've had your baby and are getting ready to go home there are a few things that are important to monitor over the following several weeks. Here are some of the things that we'd like you to keep an eye

on, and if anything mentioned here (or not) seems like it's having a negative impact on your health and wellness, please reach out to our office and we can plan a call or a visit sooner than initially planned. You can contact us by calling any of the office numbers and leaving a message. If you feel your concerns are more serious, please call the on-call provider at 866-519-0831, please leave a message and we will call you back.

Park Slope: (718)768-8500

Bay Ridge: (718) 680-8383

Staten Island: (718)355-8870

Fever: Please make sure that you have a thermometer in the house, and call with any fever over 100.4. Remember that breastfeeding can often be accompanied by a low-grade fever, and chills associated with the milk supply coming in. This is usually associated with engorgement and relieved by feeding.

Bleeding: The amount of bleeding that is considered normal can be slightly different for everyone, please try and use the amount of bleeding you had at the hospital as a baseline. Please notify the practice if you are soaking through a large maxi pad in an hour or less or have passed any large clots (ping pong ball sized or bigger). If you notice a small increase in bleeding please empty your bladder, change your pad for a visual sense of the amount, rest, and if nursing put the baby to the breast. Continue to monitor over 30 minutes to an hour and things should slow down. If they do not please call.

Anxiety or Depression: Mood changes are to be expected as you adjust to your new role and get to know your baby's routines. "Baby Blues" usually include approximately two weeks of the ups and downs associated with this adjustment. Anything that seems to go beyond two weeks, feels more serious than sleep deprivation, or makes you feel like you don't want to take care of your baby or yourself can be more concerning. Please call the practice or return to the hospital immediately.

Swelling in the lower legs: Some swelling can be normal postpartum, especially for people who received IV fluids during their labor & delivery. We want you to monitor for swelling of the lower legs that seems uneven (one leg significantly more swollen than the other) or sudden, extreme, or associated with pain in the muscle of the calf.

Pain: You will be discharged home with the appropriate pain medication. New onset belly pain or vaginal pain, or any other pain that you feel is unlike anything you had in the hospital that is not responding to your oral pain medications (Tylenol, Motrin, Percocet etc) is concerning.

Wound care: To take care of the perineum or abdominal wound if you had a c/section will be similar to how the nursing staff was helping you care for your wound while you were in the hospital.

Perineal Care; Use the products that were given to you at the hospital (Dermaplast, Tucks Pads, peri-bottle, sitz bath) and remember that these products can be found at most local pharmacies if you run out. Rinse your perineum when you use the bathroom and pat dry, the area may also feel swollen and feel better if you apply an ice pack.

C-section incision - The majority of the time your surgeon will use dissolvable stitches to close your incision. These stitches may or may not be covered with steri-strips (small bandages) which can be left in place until your follow up visit in 2 weeks. You can shower normally and let soapy water drip down your wound. There's no need to waterproof it, and you should avoid vigorous scrubbing. When you're done, rinse and gently pat the area dry with a clean towel. The incision does not need to be bandaged unless otherwise directed. If your physician used staples to close your incision, you will be instructed when to follow up in the office for removal.

If you experience any of the following symptoms, please contact the office:

- Redness or swelling of the incision or skin surrounding it
- Fever higher than 100.4 F
- Oozing or drainage from the incision site
- Foul smell from the area
- The wound becomes hard or you feel increasing pain around the wound
- Your incision opens

Other: Continue to take your prenatal vitamins during your postpartum period, eat well and hydrate. Sleep when you can and try and notice when the body gives you signs that you're doing too much too soon; extra bleeding, fatigue, belly soreness/heaviness, extra swelling in the feet and/or legs, body aches or vaginal pain and throbbing. You might notice that your body is getting back to it's pre-pregnancy fluid balance and this might manifest as sweating, swelling and excess urination. Nothing should be inserted inside the vagina during this period, no intercourse, no tampons and no strenuous exercise until your bleeding has subsided and you have come in for your postpartum visit. We will address birth control plans at that visit, provide breastfeeding support, screen you for postpartum mood and anxiety changes, evaluate any stitches you might have had and check that the uterus is healing.

Postpartum Resources

Lactation Information:

- La Leche League: Free Breastfeeding Groups:
For info email: januaryanne@gmail.com or text/call 347-661-6470. Drop-ins welcome.
(800) 525-3243 (National)
(212) 794-4687 (NYC)
- Location Specialists:
Cori Pleune, CLC: Brooklyn, (917)554-8442
Bonnie Grunin, IBCLC: Brooklyn, (347) 262-1058
Sara Ovitch, IBCLC: Brooklyn, (718) 377-4664
Anne Hynes, IBCLC: annehynes@gmail.com, (646) 331-7643
Lisa Fortin, IBCLC: lisa@mymilkmatters.com, (646) 260-5595
Freda Rosenfeld, IBCLC: Brooklyn, (718) 469-5990
Kate Sharp (212)-595-1627 or (917)- 653 8986
Lauren Lieto (914) 844-7553
Leigh Anne O'Connor (212)-529 4691 or (917)-453-9508
- Boober - www.getboober.com, 347-688-5070
- Dr. Jack Newman Breastfeeding Resources: www.breastfeedinginc.ca

Occupational Therapy:

- Leigh Bowen-Muro: www.leighmuro.com (845) 548-1187

Breastfeeding Focused MD practice:

- Mona Gabbay, MD/IBCLC: 145 7th Ave. Pelham 10803, (914) 632-7999

ENT:

- Linda Dahl, MD: 120 E 56th St. Ste. 300 NYC 10022, (212) 920-3047
- Scott Siegel, MD: 23 W 45th St. NYC 10036, (212) 204-7923

Equipment Rental:

- Hollister/Ameda Rentals: (800) 323-4060
- Medela Rentals: (800) TELL-YOU

General Info:

- kellymom.com

Postpartum Doula Support/Postpartum Support Education:

- Tiia Zlotnikoff - Postpartum Consultant & Specialized Doula Care
<http://www.tiasuzanne.com>

- Meema Spadola - Postpartum Doula and Certified Lactation Counselor
<http://www.meemadoula.com>
- Baby Caravan (will match you with a PP Doula based on price range and needs)
<http://www.babycaravan.com>
- Grace MacNair - Postpartum doula, breastfeeding support, placenta encapsulation
www.gracemacnair.com
- Birth Day Presence - Newborn Care classes
<https://birthdaypresence.com/>

Acupuncture:

- Tigerlily Holistic <https://www.tigerlilyholistic.com> (sliding scale payments)
- Brooklyn Acupuncture Project www.brooklynacupunctureproject.com
- Slope Acupuncture with Sarah Rivkin www.slopeacupuncture.com
- Third Root Community Health Center

Physical Therapy Specializing in Pregnancy and Postpartum:

- Renew PT
- Functional Pelvis - Lindsey Vestal
- Brooklyn Health PT
- Pamela Morrison PT
- Shift Integrative Medicine

Mental Wellness Resources

Websites:

- PRCNY Postpartum Resource Center of NY
postpartumny.org/prcny/
(855)-631-0001 or (631)-422-2255
**They are a Not for Profit Organization that can help you navigate to the correct support person for your needs and insurance, good place to start to look for support.*
- Olivia Bergeron, LCSW: Mommy Groove Therapy & Parent Coaching- MommyGroove.com, 917- 747- 7017
- Postpartum Stress Center- Postpartumstress.com
- Postpartum Progress- Postpartumprogress.com
- The Postpartum Project- postpartumproject.com
- Seleni Institute-Counseling, therapy and information in Manhattan
www.seleni.org
- Therapy Center of NY (Takes insurance): www.therapycenterofny.com

Books:

- *And Down Came the Rain* by Brooke Shields
- *The Mother-to Mother Postpartum Depression Support Book* by Sandra Poulin

Psychiatrists/Psychologists:

- Rebecca Feldman Psychiatric NP, CNM, 929-367-7419,
rebecca.feldman@mentalhealthmidwife.org
- Liza Mordkovich LCSW (646) 392-7577, 26 Court Street Brooklyn, New York 11201 (Sliding scale)
- Jennifer Barros, LCSW (646)-761-1036, 36 Plaza Street East Brooklyn, NY 11238
- Flora Margolis LCSW 646-629-9870, flora@cobblehillcounseling.com (offers in home visits)
- Rebecca Steinfeld LCSW (845) 419-1525, 114 Park Place Brooklyn 11217
- Maura Sheehy LCSW (646) 600-8113, 401 Court Street Brooklyn 11231 (offers sliding scale)
- Dr. David Tzall (202)-838-4657 (offers sliding scale payments)
- Pamela Berger LCSW, MPH (347)-408-0685, 808 Carroll Street Brooklyn NY 11215 (offers sliding scale payments)

- Dr. Kari Groff (646)-455-3324
- Dr. Kathryn Panos (646)-681-1975
- Dr. Pia Scaglione (347)-573-9749, 141 East 35th Street New York, NY 10016
- Kate Finke CSW (718)-789-3545
- Ronit Gross LCSW (646)-736-294, 641 President Street, Park Slope Brooklyn (sliding scale)
- Ella Harris LCSW-R (718)-624-1653 26 Court Street Brooklyn
- Kalli Kofinas JD, LMSW (516)-301-0366 175 7th Ave Brooklyn
- Jeane Mannino LMHC (646) 583-3202, 444 77th Street Brooklyn, New York 11209
- Eve Rentzer LCSW-R (718) 614-9655 erentzer@gmail.com, 406 7th Avenue, Brooklyn, NY 11215 (offers child therapy)
- Diane Sperber (917) 746-3936, 209 Lincoln Place Brooklyn 11217 (offers sliding scale)

Pediatricians

- **Tribeca Pediatrics:** 425 5th Ave Brooklyn NY 11215, (718)-568-9220 Tribecapediatrics.com (Locations in Williamsburg, Ft. Green, Flatbush)
- **Philippda Gordon, MD:** 62 8th Ave Brooklyn NY 11217, (718)-623-9464 or 300 Court Street Brooklyn NY 11221 (347)-763-0084
- **Slope Pediatrics:** 60 8th Ave Brooklyn 11217, (718)-636-0019
- **South Slope Pediatrics (Dr. Cao):** 501 5th Ave Brooklyn 11215, (718) 576-2450
- **Premier Pediatrics:** 110 4th Ave Brooklyn 11217, (718) 369-0817 or 121-05 Rockaway Beach Blvd. Queens 11694 (646) 553-4815
- **Brooklyn Bridge Pediatrics:** 35 Monroe Pl. Brooklyn 11201, (718) 834-1007
- **Pediatric Associates:** 20 Plaza St. Brooklyn 11209, (718) 857-5500
- **Gabriel Pediatrics:** 7715 4th Ave Brooklyn 11209, (718) 833-2300
- **Robert Darr, MD:** 356 76th St. Brooklyn 11209, (718) 833-3111
- **DeVito & Alvarado:** 8008 3rd Ave. Brooklyn 11209, (718) 833-3636
- **Stephen Aji, MD:** 121 DeKalb Ave Brooklyn 11201, (718) 250-8764
- **Park Slope Pediatrics:** One Prospect Park West Brooklyn 11215, (718) 636-3960
- **Nick Fataci, MD:** 1407 West 6th St. 3rd Fl. Brooklyn 11204, (718) 256-1057
- **Mark Lew, MD:** 2704 Glenwood Rd. Brooklyn 11210, (718) 859-6440
- **Grigoletto/DeGennaro/Pintus-Emma:** 3371 Richmond Ave. Staten Island, (718) 238-1000
- **Gayathri Gara, MD:** 174 Lily Pond Rd Staten Island 10305, (718) 727-7935