

Postpartum Care

Please read carefully

General rules following delivery:

Mother:

- It is important to keep your bladder empty, even if you only feel a slight urge to urinate. Empty your bladder routinely, every 3 hours, during the first 24 hours postpartum. This will help to ease your postpartum discomfort and keep you from bleeding excessively.
- The first time you get up to urinate, sit on the edge of the bed for a full 2 minutes, then with your partner at your side you may go to the bathroom.
- If you feel faint or if your head feels funny, go immediately to the floor, bed or sofa and lower your head.
- Monitor your uterus, especially during the 6 hours following birth. Your uterus should be at or below your navel, never above it. Rubbing/massaging your uterus will help to keep it contracted and empty.
- Eat and drink foods high in protein.
- You should not attempt to use stairs or take a bath or shower until you:
 1. Eat and drink
 2. Rest
 3. Use the bathroom without feeling lightheaded or dizzy
- You should not carry your baby on the stairs during the 48 hours following delivery.
- Your partner should walk in front of you the first time you go down the stairs (neither of you carrying the baby).
- For postpartum discomfort (after pains):
 1. After ease tincture -- as needed, particularly before nursing
 2. Liquid calcium -- one tablespoon as needed
 3. Ibuprofen -- up to 800 mg every 6 hours
 4. For severe cramping ask your midwife for a Chinese herbal remedy

Baby:

- Should never sleep more than 5 hours at a time during the first week of life.
- Should have at least one bowel movement and one urination during 48 hours following birth.
- You may see “brick dust” in the baby’s diaper just before your milk comes in. This is normal but should not occur once the milk is in.
- Should never have a fever.
- Should nurse often in the first week of life.
- Should not be yellow during the 24 hours following birth. If your baby is yellow, feed them hourly. You may put the baby in direct sun, naked, with eyes covered, for 10 minutes every hour. Be sure to nurse before and after sun exposure. (Windows manufactured within the last 30 years have a UV barrier and are not useful in treating jaundice).
- Should not be blue around the mouth after 12 hours.

- All babies can choke on mucus in the 48 hours following birth. Lay your baby on their side or stomach. Your baby should never be left alone during the first two days of life.
- Your baby should never breathe rapidly or work hard to breathe (more than 75 beats per minute).

Guidelines for the following 3 weeks postpartum:

- Do not lift anything heavier than your baby.
- Do not resume heavy housework (i.e. washing the floors). You will feel well enough to do simple tasks like folding laundry, preparing meals, etc.
- Do not drive a car. You may ride in a car.
- You cannot spoil a baby by holding it. Holding your baby often ensures that your baby feels secure and receives proper stimulation needed for development.
- Take this time to bond with your new baby and older children.

****Only if you have blood clots from varicose veins:**

- If you get blood clots in your legs, get off your feet. Elevate the leg with the clot above the hip.
- Heat a solution of 1 part vinegar : 3 parts water. Wet a hand towel with this solution and wrap it around the affected area. Wrap plastic around the towel and apply heat. Keep the clotted area wrapped until the leg is no longer red and sore.
- Consume daily for 4 weeks:
 1. Wheat germ oil (3x day)
 2. Vitamin C (1000 mg)
 3. Calphonite (3 tbsp/day) or calcium tablets
 4. Chlorophyll (3 capsules or 1 oz twice daily)
 5. Vitamin E (400 I.U.)
 6. 1 baby aspirin or low dose aspirin (not Tylenol)

CONTACT ME IMMEDIATELY IF:

- Your baby is blue
- Your baby is breathing rapidly and with effort
- Your uterus is too high
- You fill a pad with blood in ½ an hour or less (front to back and side to side)
- Your baby has no bowel or wet diaper
- You experience chest pain or difficulty breathing
- Your baby has any bruises in the first 3 weeks of life
- Your baby is having trouble nursing
- You have questions or concerns regarding mother or baby