

***OB/GYN Women's Health Center***

***Emad Mousa, MD***

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***Tel: 740-383-4090***

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***www.MyLocalObGyn.com***

***POST PARTUM DISCHARGE INSTRUCTIONS***

**1st Week to 10 Days:**

1. Get as much sleep as you can. Sleep when the baby sleeps. Nap when your baby naps. Have someone watch your baby and take a nap if possible. Get lots of rest, (at least 8 hours of sleep) and a nap in the afternoon.
2. You may take care of the (ordinary) routine or every day needs of your baby and yourself **ONLY**.
3. Try to plan your daily schedule so that you avoid going up and down the stairs a lot, a schedule that will not entail going up or down steps too frequently.
4. You may go outside when weather is nice suitable.
5. Remember - The more you move around and the more active you are, the more likely you are to develop bleeding.

**2nd Week:**

1. Slowly increase your daily activity. (Activities may be increased gradually.) You may now do some light housework, light cleaning cooking, etc.
2. Limit the time you spend going up and down the stairs.
3. If you had a vaginal delivery, you may now drive.

**3rd Week:**

1. Move around the house and do chores when you feel ready – listen to your body. (Activity about the house as you feel up to it.) If you get tired, rest. If you feel well, do more until you are back to your normal routine. Increase activities to normal.
2. You may increase the number of times you use the stairs.
3. You may now drive after a Cesarean birth but only for short distances.

**4th Week:**

1. You should now be able to perform your normal daily routines. Increase activities to normal.
2. Follow post partum exercise sheet – do not attempt new exercise routines until seen by our office. No vigorous exercise until OK'd by our office.

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**Vaginal Care:**

1. Do not put anything into the vagina for 4 weeks. Do not have sex. No intercourse for 4 weeks.
2. No tub bathing, douching, or tampons use for 4 weeks.
3. If you have stitches, they will absorb and need not to be removed. They should cause you little or no discomfort. If they hurt too much, call our office.
4. Bleeding: The slight flow you are having may continue from one to six weeks, but It Should not be heavy. Your first menstrual cycle may not occur before your post partum check up. If there is any heavy bleeding, call the office. If you develop a foul odor from the vagina - call the office and ask to be seen.
5. Use a peri-bottle, Tucks, and /or cream/spray as needed.

**After Cesarean Section:**

1. Call the office if any bleeding or drainage is noted from the incision.
2. Keep incision clean and dry.

**Contraception / Birth control / Preventing Pregnancy:**

1. If you have sex before your checkup (are sexually active before your examination) - use vaginal spermicide or foam and condoms. You can still get pregnant!!
2. You may use K-Y Jelly to help with vaginal dryness.

**Diet:**

1. Make sure you eat a balanced diet - include meat, eggs, fruits, and vegetables. Should be full?  
I'm not quite sure what you mean and balanced
2. Wait until after your first check up before trying to lose weight or using any special diets.
3. Keep taking (Continue) your prenatal vitamins for 2 months if bottle feeding and if you are breast feeding until the baby is weaned.
4. Drink lots of water – (1 to 2 quarts per day). Limit soda, and caffeine. Sufficient liquids
5. Do not diet if you are breast-feeding. You need the calories to make good milk!

**Bowels:**

1. Bowel function should be normal.
2. If you are constipated and are not breast-feeding, you may take a laxative of your choice. If you are breastfeeding – you may use Colace.

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**Bladder:**

1. Do not allow your bladder to become too full.
2. Empty your bladder every 3 to 4 hours while awake but do not strain. If you are having problems, call the office.

**Breasts:**

1. If you are **not** breast feeding, wear a tight-fitting bra continuously for five days. If breasts become full or painful, apply an ice bag or bag of frozen peas to the breasts 3 times a day for 20 minutes. Tylenol may be used for discomfort; take 2 tablets every 4 to 6 hours, as needed.
2. **If you are breast feeding:**
  - a. Eat extra amounts of meat, milk, and dairy products. Wear a good support bra all the time. A Nursing bra is best.
  - b. Call the doctor if your nipples bleed or cracks or become painful.
  - c. Clean nipples with water only.
  - d. Try to keep them as dry as possible. Attempt to keep nipple dry otherwise.
  - e. You may use vitamin E or Mammal cream (no Mammal cream if allergic to wool).

**General Instructions:**

1. Call our office to schedule your 4-6 week post partum check up and Pap Smear.
2. When you go home, take your temperature 3 times a day for 1 week. Call the office if your temperature goes over 100 degrees.
3. If at any time you have a problem (or do not understand these instructions, call the office.

**Note:** You should continue taking your prenatal vitamins.  
For any gastrointestinal discomfort you may take Mylanta