

GENESIS Obstetrics & Gynecology

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“Specializing in 3D/4D Ultrasound Imaging”

POST PARTUM DISCHARGE INSTRUCTIONS

ACTIVITIES:

1st Week to 10 Days

1. Get lots of rest, at least 8 hours of sleep and a nap in the afternoon.
2. You may take care of the ordinary needs of your baby and yourself ONLY.
3. Try to plan a schedule that will not entail going up or down steps except when ABSOLUTELY necessary.
4. You may go outside when weather is suitable.
5. **Remember** - The more active you are, the more likely you are to develop bleeding.

2nd Week

1. Activities may be increased gradually. You may now do some light housework, light cleaning cooking, etc.
2. Continue instructions on stairs.
3. You may now drive after vaginal delivery.

3rd Week

1. Increase activity about the house as you feel up to it. If you tire, rest. If you feel well, gradually increase activities to normal.
2. You may increase the number of times you use the stairs.
3. You may go for short walks and be driven in a car for short time periods.
4. You may now drive after a Cesarean birth but only for short distances.

4th Week

1. Increase activities to normal.
2. Follow post partum exercise sheet - no vigorous exercise until OK'd by our office.

Vaginal Care

1. 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, report it by calling our office.
4. Bleeding: The slight flow you are having may continue from one to six weeks, BUT NOT HEAVILY. If there is any heavy bleeding, call the office and report it to us. Your first menstrual cycle may not occur before your examination. If it does, it may be heavy. If it is excessively heavy, please call the office and report it. If a foul odor develops, notify us.
5. Continue use of peri-bottle, Tucks, 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.

“The LORD is good, a stronghold in the day of trouble and He knoweth them that trust in Him”.

Contraception

1. If you are sexually active before your examination - use vaginal foam and condoms.
2. You may use K-Y Jelly as a lubricant for vaginal dryness.

Diet

1. Should be full and balanced - include meat, eggs, fruits, and vegetables.
2. Wait until after you first check up before trying a special diet (weight loss diet).
3. Continue your prenatal vitamins for 2 months if bottle feeding and breast feeding until baby is weaned,
4. Drink sufficient liquids (1 to 2 quarts per day).
5. No reducing diets if you are breast-feeding.

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.

Bladder

1. Do not allow your bladder to become over-distended. Empty your bladder every 3 to 4 hours while awake but do not strain when urinating.

Breasts

1. If you are not breast feeding, use a snug fitting breast binder or bra at all times. If breasts become full or uncomfortable, apply an ice bag 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 supporting bra continuously, preferably a Nursing bra.
 - b. Notify doctor if any trouble with nipples occurs such as pain, bleeding or cracks.
 - c. Cleanse nipples with water only.
 - d. 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 make an appointment for a 6-week check-up.
2. When you go home, take your temperature 3 times a day for 1 week. Notify doctor if over 100 degrees.
3. If at any time you have a problem regarding yourself or do not understand these instructions, do not hesitate to call the office.

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

Patient

Date

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