

Postpartum Guidance

Rest and Recover

Please prioritize rest as much as possible when you go home with your new baby. Allow other people to do housework, chores and errands. Avoid lifting anything heavier than your baby and try to limit stair climbing. Spend lots of time with your baby skin to skin and get to know one another. Limit visitors for the first few weeks at home.

Eat a Healthy Diet

Eating well is very important to maintain energy and help you heal after giving birth. Be sure to continue drinking plenty of fluids (80-100 ounces per day). Eat protein rich foods and snack frequently.

Bleeding

It is normal to have bleeding for up to six weeks after birth. You may notice your bleeding and cramping are more intense while breastfeeding. Breastfeeding helps release a hormone (oxytocin) that helps your uterus return to its normal size and reduce bleeding.

Caring for Stitches

Whether or not you have stitches, your bottom may be very sore following delivery. Try laying on your side and avoiding sitting for long periods of time. Your stitches will dissolve on their own. Use the periwash bottle when urinating. Always pat dry (no rubbing). You can take a sitz bath in a clean tub with epsom salts to help with healing and comfort.

Pain

You may take 600mg of ibuprofen every 6 hours plus 1000mg of tylenol as needed for pain. Do not exceed 4000mg of tylenol in a day. Ice packs, heat, rest and relaxation techniques may also help with pain.

Constipation

Many women are nervous about the first bowel movement after giving birth. Gas is very common after birth. It is normal for it to take 1-2 days after birth to have a bowel movement. Make sure you drink plenty of water, eat fiber rich foods and take a stool softener such as colace (docusate sodium) 100mg twice daily as needed for the two weeks.

Breastfeeding Support

Family Birth Center- Free breastfeeding consultations. Call 970-764-3151 to schedule Southwest Midwives Breastfeeding Support Group. Free, every other monday. Call 970-247-5543 to sign up

Baby Blues

Most new moms feel some sadness, anxiety and fatigue as a result of changing hormones and lack of sleep. These feelings usually pass within a few weeks. If you are experiencing extreme feelings of depression or sadness that does not resolve within a week. Please call us.

When to call

- Extreme pain, redness or foul odor coming from the vagina
- Fever above 100.4
- Pain, redness or significant swelling in one leg
- Burning or difficulty urinating
- Heavy bleeding (soaking more than 2 large pads in 1 hour or passing a clot larger than a first)
- Foul smell to vaginal discharge
- A very tender uterus when pushing on the lower stomach
- Red, warm tender area on the breast
- A headache that doesn't go away with over the counter medications, hydration and rest, Blurry or spotty vision that doesn't go away with rest, or extreme pain on the right side under the ribs.

Appointments

- We will call you in a few days to set up appointments at 2 weeks and 6 weeks postpartum. If you had any other prenatal appointments or ultrasounds scheduled you do not need to call us to cancel those.

Resources

Southwest Midwives: 970-247-5543

Postpartum Support International: 800-944-4PPD

Postpartum Education for Parents: 800-564-3888

National Suicide Prevention Hotline: 800-273-8255