

## Discharge Instructions After Vaginal Delivery

- 1. Activity:** Keep stairs to a minimum and no heavy lifting.
- 2. After Pains:** It last only a few days. For discomfort, try change of position, lie on abdomen, keep bladder empty and take paracetamol or Ibuprofen as doctor's prescription
- 3. Bathing:** Take shower as often as you like. Better to avoid tub bath or swimming until your post partum follow up.
- 4. Breasts:** Wear a good supportive bra 24 hours a day for 1 to 2 weeks if not nursing and continuously if nursing. If you notice a tender redness or warm area on one breast, this may be an early sign of infection. See a doctor at the earliest, meanwhile, hot pack the tender area and continue to breastfeed.
- 5. Constipation:** Eat a high fiber diet and drink lots of fluid. You can use laxatives or an over the counter stool softener if needed as doctor's prescription
- 6. Episiotomy care:** Sitting in a tub of warm water for 15 minutes, two to three times per day, will help to relieve the pain and improve healing. Wash the area with warm water after each toilet use and keep the perineal area clean and dry always for better healing. Better to use a soft cotton towel instead of paper roll. Consult your doctor, if you notice any discharges, increased tenderness or inflammation of the stitches. It takes about 1-3 weeks to heal and may be tender.
- 7. Exercise:** Can start going for walks after 15 days. After 3 months can start the exercise.
- 8. Vaginal Discharge/lochia:** For the first few days after delivery, the discharge is bright red, perhaps with a few clots. The flow becomes darker and decreases although the bright red flow may resume on occasion. It will gradually change to a straw-colored discharge. Expect this to last from 4-6 weeks. Activity may affect the amount of flow. If you have a dramatic increase in bleeding, rest more. Consult your doctor, if you are saturating more than 1 pad per hour. Do not use tampons.
- 9. Lovemaking:** Intercourse may resume approximately after 6 weeks of postpartum
- 10. Nutrition:** Eat the same well-balanced diet as instructed during pregnancy. Do not diet without consulting your doctor. Include plenty of fluids to prevent constipation. Continue your prenatal vitamins if you are breastfeeding.
- 11. Rest:** You may be surprised at how tired you become after minor activity. Better to rest when the baby sleeps. Limit the visitors for the first week or so.
- 12. Weight Loss:** You may lose up to 20 pounds within 10 days after delivery. It is best to lose about ½ pound per week after that, be patient. A well-balanced diet coupled with exercise will help you return to your pre-pregnant weight.
- 13. Change In Mood:** If you felt that there is a swing in your mood, you must consult your doctor.

**Warning Signs:** Call immediately if you have any of the following symptoms:

- Fever over 37.8°C
- Nausea and vomiting
- Frequent and painful urinations
- Bleeding heavier than 1 pad per hour
- Red, tender, painful area on the breast
- Persistent perineal pain with increasing intensity
- Pain, swelling and tenderness in leg
- Chest pain and cough
- Breathlessness

Your doctor may prescribe medications to help with discomforts, cramping or bleeding and prevention of infection.

Medications you should take as prescribed by your doctor: \_\_\_\_\_

Keep or schedule an appointment with your doctor on \_\_\_\_\_