Welcome to the Post Partum Discharge Class
8:30 – 9:00 pm
Mother Care
Rest and Activity

• Rest is needed for recovery!
• Focus on yourself and baby.
• Nap when your baby naps.
• Take time every day for just you and baby to get to know each other.
Nutrition

• Drink lots of fluids!
• Eat healthy.
• Continue taking your prenatal vitamins.
Bladder and Bowels

- Drink lots of fluids to prevent urinary tract infections and constipation.
- You should have a bowel movement within four days of delivery.
- Eat foods high in fiber.
- Remember that pain medication can cause constipation.
Bleeding

• Bleeding can last 2 – 6 weeks
• Bleeding will start bright red and heavy for a few days.
• Bleeding changes to pink or brown to yellow or white.
• Only use pads, no tampons.
• If bleeding is stinky or you start bleeding more call your doctor.
Bleeding

Small Amount
Less than 4-inch stain on peripad.

Moderate Amount
Less than 6-inch stain on peripad.

Heavy Amount
Saturated peripad within 1 hour.
Care of stitches

Vaginal stitches

• Will dissolve in 10 to 14 days.
• Keep clean.
• Use squirt bottle, witch hazel pads and spray.

Cesarean stitches

• Internal will dissolve in 10 to 14 days.
• Keep clean.
• Showers only until incision is healed.
• Lift nothing heavier than your baby for 6 weeks.
Exercise

• No heavy lifting (don’t lift anything heavier than your baby) or hard exercise for 2-4 weeks if vaginal birth, 6 weeks if cesarean birth if approved by your doctor.

• Increase exercise activity slowly.

• Perform postpartum exercises daily.
Sexual Activity

• No sex until after your postpartum doctor appointment.
• Breastfeeding is not an effective method of birth control!
• Discuss birth control options with your doctor.
Postpartum Blues

• 50%-75% of new moms.
• Lasts 3 – 7 days
• Mild symptoms of sadness and crying with some anxiety.
• Go away without treatment.
• Considered normal part of childbirth.
What are the symptoms?

Postpartum blues

• Crying for no reason
• Feeling tired, discouraged, irritable, forgetful, restless, anxious, hopeless, confused
• Having a hard time sleeping
Postpartum Depression

- 10%-15% of new moms.
- Feelings of sadness, disinterest and anxiety continue for more than two weeks.
- Seek medical help.
- A few women become very depressed and may need immediate medical care and be admitted to the hospital.
What are the symptoms?

Postpartum depression

• Confused, restless, anxious, guilty or feeling worthless
• Loss of appetite
• Rapid mood changes
• Lose interest in your baby
• Worry about hurting your baby
• Thoughts of death or suicide
What causes it?

• No definite cause
• Hormonal changes
• Stress
• Not enough support at home
• History of postpartum depression
• History of mood disorders
How is it treated?

• Treatment depends on how bad your depression is
• Mild: Rest and support
• Moderate: Counseling
• Severe: Medication and possible hospitalization
How can I take care of myself?

• Sleep!
• Support from family and friends
• Ask for help
• Report any symptoms to your doctor
When to call the doctor

• Any symptoms of depression that don’t seem to get better
• Thoughts of suicide or harming others
Baby Care
Breastfeeding

- 8-12 times in 24 hours (every 2-3 hours) for the first couple of weeks.

Benefits:
- Breastfed babies may have lower rate of serious infections, sudden infant death syndrome, asthma, diabetes and certain cancers.
- Mom’s may experience faster weight loss, less bleeding after delivery and lowers the risk of breast and ovarian cancers.
- If your not planning on breastfeeding long term, it is still very beneficial to breastfeed for at least 1 month.
Bottle Feeding

• Every 3-4 hours
• Up to 2-3 oz per feed by one week of age.
• As your baby grows the amount of formula your baby needs will increase.
Hand Washing

• Wash hands before and after handling your baby
• Diaper changes
• Feeding
• Visitors
Bathing your Baby

• Check water temperature!
• Water should feel the same temperature as your skin.
• Check with wrist or elbow.
• If it feels hot to you... then it is too hot for your baby!
• Remember babies lose 80% of their body heat from their head.
• Keep baby in sight at all times.
Umbilical Cord Care

• Keep area clean and dry.
• Dry well after bathing.
• Keep cord out of baby’s diaper.
• You don’t need to use alcohol on the cord.
• Call your doctor if the cord smells stinky, is red, puffy or looks infected.
Wet and Poopy Diapers

Wet Diapers

• Week 1: One wet diaper for every day old.
• Then 6 to 8 wet diapers a day.
• Baby girls may have clear, white or bloody discharge from their vagina.

Poopy Diapers

• Babies have about 2 poopy diapers a day but every baby is different.
• Poop color will change from black to greenish brown to yellow.
Diaper Changes

• Change when wet or poopy.
• Use clean wipes
• Let bottom air dry if you can.
• Girls: always wipe front to back!
• Boys: lift testicles and clean well.
• Diaper rash care
For the first year of life to lowers risk for SIDS.

- **BACK TO SLEEP** on a firm sleep surface.
- Side and tummy lying are NOT safe
- No loose blankets, ribbons or ties, no pillows, bumpers stuffed or live animals in sleeping area.
- Don’t fall asleep while holding your baby
- Do Not share sleep surface/no co-bedding, share same room but not same bed
- No smoking around the baby
- Control the room temperature: Avoid overheating baby/over bundling
- Offer pacifier at all sleep times (once breastfeeding is established)
- Avoid store products claiming they reduce the risk of SIDS

- Tummy Time: Put your baby on his/her time everyday while awake and supervised.
- Share these tips with everyone!
Car seats

• It’s the law!
• Follow the instructions that came with your car seat.
• Each room has an instruction sheet on the wall on tips to car seat fitting – use as a reference
• Car seat must face the rear of the car. (So that baby faces the back window.)
• Must be in the back seat, middle seat is better.
• Safety Clinic offered at St. Joseph’s by appointment 788-6300 x 4326
Safety

- Never leave baby alone on anything they can fall off of (table, countertop, couch, bed, etc...)
- Set hot water heater below 120F (50C). No hot liquids near baby.
- Protect skin from sun.
- Don’t let your baby breathe smoke.
- Make sure smoke alarms are working.
Never Shake a Baby!!!

- Can cause severe brain damage.
- There is help available
- See handout
Jaundice is the common yellow color seen in the skin of newborns. Most jaundice requires no treatment. Often seen around 3-5 days of age and lasts for 2-3 weeks. First seen in the face, then moves down to the body. Sometimes eyes will be yellow. Call your baby’s doctor if:
- Your baby’s skin turns more yellow than when you left the hospital
- The whites of your baby’s eyes are yellow
- Your baby is jaundice and is hard to wake or not nursing or feeding well.

(see insert in your green folder for details)
Temperature

- If your baby acts sick or feels warm take baby’s temperature under the arm.
- Normal temperature should be 97.7 (36.5°C) to 99.3°F (37.4°C)
- Call your doctor if your baby’s temp is over 100.4°F (38°C) or below 97°F (36.1°C)
When to call the baby’s Doctor

• Having difficulty breathing.
• Hard to wake up.
• Temp above 100.4F (38C) or below 97F (36.1C)
• Has no wet diapers or fewer wet and poopy diapers than should be expected
• Not eating well (misses 2 or more feedings)
• Forceful vomiting after feeding
• Crying can’t be comforted
• Skin around umbilical cord is red, puffy, stinky or looks infected.
• Yellow skin
Discharge From the Hospital

Before 11:00 am...Why?

- Day light
- Physicians offices are open (both for mom & baby)
- Easier for your support/family to help and visit
- Less stressful for young brothers & sisters
- You’re home and settled and family members can get prescriptions and last minute needs for you and your baby.