

Womancare Birth & Breastfeeding
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Postpartum Instructions
After the first day

FOR MOM

The uterus

Around 24 hours after birth, your uterus will rise to the level of your umbilicus and then start decreasing again.

Massage your uterus once in a while, especially before you get up
Nursing often and keeping your bladder empty will help keep it contracted
“After birth pains” can be more intense with second, third or more children.

It is okay to take Tylenol, Advil, Ibuprofen, or
After Ease herbs available through many companies.

Bleeding

It's normal to bleed for 2-6 weeks after birth, similar to a heavy period
It should smell like a normal period, although some describe it as a more organic, earthy odor.
If it smells foul, call us.

The color will turn lighter from red to pink, then yellowish-brown, then clear. If it changes back to red or gets darker, you are probably doing too much, you need more rest and less activity.

If you completely fill more than 2 pads in one hour, call us

Perineum

Do Kegel exercises, this increases circulation and will help the area to heal

A heat lamp or sunshine sometimes feels good

Sitz or shallow baths may be taken once or twice a day

Comfrey/Calendula compresses are soothing. They're in your fridge!

If you needed stitches these should only be used for 30 minutes at a time until the stitches heal
(they can cause the stitches to dissolve too quickly otherwise).

Tucks and padsicles (panty liners or pads misted with aloe vera and witch hazel, then frozen) can feel great if your still sore or swollen.

Using the bathroom

Eat lots of fruits and vegetables and drink juice and water to
avoid hemorrhoids and to keep your bowels moving.

A daily serving of Natural Vitality CALM can keep stool soft and help you go daily.

Witch hazel pads and sitz baths are soothing for hemorrhoids.

Short walks, pelvic rocking and deep breathing will help normal body functions

Rinse with a peri bottle every time you use the bathroom until you are healed

If you got stitches, you can support your perineum with a pad or warm washcloth while
defecating for comfort

Exercise

Kegels and daily walks in moderation can begin shortly after birth
Walk only to your own comfort and avoid exertion
If your bleeding increases, you are doing too much

Bathing

A warm bath can be very comforting for muscle soreness and for your perineum. Tub must be clean and sanitized before bath. Adding Epsom salts can help with muscle soreness as well.
Avoid unsanitary water such as hot tubs for six weeks.

Rest

Get plenty of rest, **THIS IS CRUCIAL FOR YOUR RECOVERY!!!**

When friends offer to help, let them.

Limit visiting hours, this is not the time to entertain (If someone wants to come over, it must be to help with chores, holding baby while you shower, cook, etc.)

SLEEP WHEN YOUR BABY SLEEPS!

Sex

If you don't have stitches, you can resume making love whenever you feel comfortable. Try using K-Y jelly (or coconut oil if you use natural lambskin condoms), the first few times to make things more comfortable. You will have less natural lubrication during breastfeeding.

YOU CAN GET PREGNANT, foam and condoms will work best for now

We will discuss birth control options with you at your 6 week check

Diet

A light diet for the first few days is best

Avoid cheese and white flour, as these could cause constipation

Get plenty of protein, fruits and vegetables.

Whole grains help build your milk supply

You need **AN EXTRA 200-300** calories from your pregnancy diet

Drink lots of fluid. Every time you sit down to feed baby, make sure your water is at hand.

DRINK MORE WATER: MAKE MORE MILK

Continue taking your prenats and supplements while you are breastfeeding.

Nursing

Nurse often, the baby will get what she/he needs from your early milk

He/She should nurse at least every four hours but will probably nurse more frequently

Mature milk usually comes in about two to four days after birth.

Sometimes baby is very fussy while waiting!

Your breasts could feel overfull, or hard. This is called engorgement and can be very uncomfortable. You can put cold packs on them between feeding and warm compresses right before feeding. Sometimes it is necessary to use your breastpump if engorgement makes breasts too full for baby to latch. Breast massage can be helpful to bring milk down while pumping or nursing. There are many videos on you tube on this subject.

Expressed breastmilk rubbed on your nipples will help with soreness

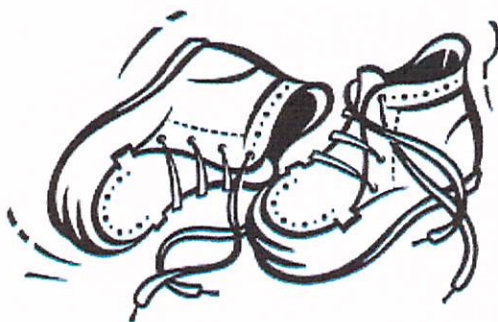
Lansinoh or other nipple butters also helps; you don't have to wash it off before feeding
A good latch is **THE MOST IMPORTANT** part of early breastfeeding. Baby should be tummy to tummy (not on their back turning their head towards you. Often the cross cradle hold or football hold are the two most efficient ways to hold a newborn as the classic cradle hold often puts their head so far into the crook of your arm that they lead with their nose instead of their chin and do not achieve a deep latch. We will help you with these holds. Use a pillow or boppy to support baby's body so that baby's bottom is almost level with your other breast (cross cradle) you can get into a good position and relax. You will spend hours nursing. Learn to get comfortable.

If baby is sleepy and doesn't want to nurse undress them down to diaper. Do skin to skin contact.

Wipe them with a cool wet cloth. Rub/tickle/gently thump the bottoms of their feet.

Dozing SOME is normal during nursing as it takes great effort and all the muscles in baby's mouth, tongue and neck to nurse. However if they are falling asleep without getting much milk they could be lethargic with low blood sugar. Do not think "This baby will eat if they're hungry". If they aren't getting much milk in then you will need to pump or express and feed them with a syringe or bottle to get their energy up enough to nurse more. A baby needs to nurse or be fed about 10 times daily at least. Be patient, but diligent. They're learning too.

They will grow daily and soon latch issues will hopefully be a thing of the past. Ask for help with problems. We're here to help!!!



For the Baby

Cord Care During Diaper Changes

Dab the cord with alcohol if it gets pooped on, peed on or if someone touches it.

OTHERWISE SIMPLY LET IT AIR DRY. (No lotion, or oils on or around cord area)

The cord will fall off in 5-14 days

Try to keep the diaper and clothes off of the cord, this will help it dry faster

Sometimes a baby's cord will seep a bit of blood so that it stains the skin and looks a bit like a bruise. This can be cleaned with the alcohol wipes we left for you. As the cord dries and a few days pass you may notice that it has a bad smell. This is normal. However if it is producing puss, or the skin around the cord is red with an ever widening circle of red – **CALL US**

Urine and Stools

Please refer to and follow the chart we gave you for information on urine and stools

Red "brick dust" in diapers is normal in small amounts. Make sure the baby is staying hydrated and being well nourished by counting wet and poopy diapers and marking on the Diaper diary

Eyes and skin

If the eyes or skin are yellow, this could be jaundice. Baby will need morning sun and late afternoon sun (two times daily) about 5 to 10 minutes on front and back (If sun is very hot only stay for 5 minutes. This must be done with only a diaper on so the sun can touch as much skin as possible.

Slight peeling, cracking, blotches and rashes are normal. Babies skin is learning to be out in the air, touching fabrics, etc. It is building it's microbiome so please avoid baby lotions, baby oils, baby powder, etc. Instead use coconut oil or the bottle of olive oil we left for you. Please remember to keep all oil off of cord/belly button until totally healed.

Bathing

If you feel you must, then bathe the baby with plain warm water or water and coconut oil, until the cord falls off and the stump is healed. It's important to keep the cord area completely dry! Always have all supplies within reach before you begin diaper changes or baths. Caddy's or baskets to hold supplies/water bottle/phone etc. are very helpful.

Newborn Screening

We will perform the newborn screen (heel poke) within 48 hours and again at 1 week. To do this I will use one of your disposable diapers to make a foot warmer for baby. This will make the procedure more comfortable for them, and help to make the whole process quicker. Some babies cry long and loud and get even madder because I am holding their foot still and sometimes pulling and squeezing to obtain the sample. All five circles on the screening card must be filled. I will also perform the CCHD pulse ox screening on the first day visit. This is not painful in any way but sometimes baby's still cry because the test is best performed with baby lying on their back. They don't like me opening their hands or messing with their feet. On the one week appointment I will perform the hearing screen. Please do not speak during the test and help me finish quickly by keeping older children, and other household noises quite during the test. Please know these tests are important, and it is never my wish to make your baby cry. Only keep them safe by identifying any issues as early as possible.

Well Baby Care

We encourage you to establish long-term well baby care with a pediatrician usually within a week or so. They will tell you how soon after the birth they want to see the baby. We can fax babies records and birth record on request (Our fax is 928 773 9694 if needed) or we can fill out a form with all the baby's info for you to take to the doctor on baby's first visit. The county health department also provides well baby care for a reasonable price. They also hold FREE immunization clinics monthly. Call 877-522-7800 for more information

