

What to Watch For

- ❖ Excessive bleeding (more than 1 saturated pad per hour)
- ❖ Excessive clots (more than occasional small (less than golf ball size)
- ❖ Fever > 100.1° F, flu-like feeling/chills that lasts > 24 Hours
- ❖ Foul smelling discharge or unusual abdominal tenderness
- ❖ Severe headaches (unrelieved with Ibuprofen/Tylenol)
- ❖ Persistent painful urination; inability to urinate
- ❖ Pain, redness, swelling, warmth in the calf area - **DON'T MASSAGE!** Call us promptly.
- ❖ Shortness of breath, chest tightness, overall sense of not feeling well - **GO TO CLOSEST EMERGENCY ROOM!**
- ❖ Painful/cracked/bleeding nipples or extremely red and tender breasts
- ❖ Daily feeling of depression/anxiety

Healing after Vaginal Delivery

- ❖ **TAKE IT EASY!** You just had a baby, let others help you!
- ❖ Abdominal cramping/perineal soreness: Ibuprofen 800mg every 6-8 hours
- ❖ Pain: Arnica homeopathic pellets or Staphysagria homeopathic pellets
- ❖ Tender skin: raw honey or coconut oil
- ❖ Sitz baths twice a day: warm water and a couple handfuls of Epsom salts, Epsom salt tub soaks, or a sachet of "Postpartum Herbs" (lavender, sage, chamomile, comfrey root, Shepard's purse; Motherlove brand makes a readymade mixture)
- ❖ Stitches: will dissolve/loosen when no longer necessary. Don't be alarmed if after 1-2 weeks loose stitches are found on your pad or toilet seat

Resources

🔑 Breastfeeding

- **Community Groups:**
 - La Leche League
 - DMC Breastfeeding Group
 - New Mom & Birth Sharing Group
 - Many of the doula groups offer birth story hour.
 - Claudia Tilman (404) 213-0026
- **Lactation Consultants:**
 - ABC 404-590-MILK
 - Sekesa Berry 770-896-6744
 - Christine Coursey 404-454-9715
 - Shoshonah Blaiss 678-362-7074
 - Annette Culp 770-386-5884
 - Jill Dominguez 404-516-6851
- **Helpful Websites:**
 - www.drjacknewman.com
 - Compound APNO Rx
 - www.kellymom.com
 - www.infantrisk.com

🔑 Postpartum Therapists

- Elizabeth O'Brien 907-378-6972
 - Mother Wise Support Group
- Shanna Jackson 404-943-9957
- **Blogs:**
 - www.beyondpostpartumblog.com
 - www.postpartumprogress.com
- **Project Healthy Moms Warmline:**
 - 800-933-9896 ext. 234
 - 678-904-1966

🔑 Physical Therapy

- Dekalb Hand & Physical Therapy
- The Sports Rehabilitation Center

550 Peachtree St | Ste. 1110
Atlanta, GA 30308

(404) 941-2400 (O) | (404) 223-9307 (F)



Postpartum Tips & Resources

Follow-Up:

**Don't forget to
schedule your
postpartum visit ASAP**



General Healing after C- Section

- ❖ **TAKE IT EASY!** You just had a baby, let others help you!
- ❖ **Pain:** Arnica homeopathic pellets or Staphysagria homeopathic pellets
- ❖ Contact your physician or midwife if Ibuprofen 800mg or prescribed pain medication is insufficient
- ❖ Watch for signs of infection: redness/swelling/warmth/odorous discharge
- ❖ Keep area clean and dry
- ❖ Soreness and incision discomfort is expected for the first few weeks

Breastfeeding

- ❖ 1st days after birth, your breasts produce Colostrum. Your milk comes in after 3-5 days. This is called engorgement.
- ❖ Engorgement is temporary, but can be uncomfortable. For relief:
 - Keep nursing!
 - Warm compresses and hand expression before nursing
 - Ibuprofen for inflammation
 - Cold cabbage leaves for inflammation; do not use for more than 10-15 minutes
- ❖ Ways to know your baby is getting enough:
 - Count wet diapers and measure weight. Baby should have 1 wet diaper by Day 1; 2 by Day 2; 3 by Day 3, etc. Should have 6-8 wet diapers a day by the end of the 1st week
 - Bowel movement patterns may differ from wet diapers. For the 1st few weeks, expect at least 2-5 bowel movements per day
- ❖ Every baby doesn't always follow the 2-3 hour feeding schedule.
- ❖ Some babies cluster feed for shorter amounts of time, while others space out feedings and nurse longer
- ❖ Herbs/supplements to increase milk supply:
 - Fenugreek

- Goat's Rue
- Mother's Milk Tea
- ❖ Schedule an appointment with your pediatrician in the first 1-2 weeks: discuss concerns with feeding and appropriate weight loss/gain

Constipation & Hemorrhoids

- ❖ Plenty of fluids and electrolytes
- ❖ Witch hazel pads
- ❖ "Padsicles": aloe vera, lavender (or essential oil of choice); soak in overnight pads, freeze, and use for pain relief
- ❖ Magnesium supplement or "Calm"
- ❖ Probiotic: 1 capsule 2-3 x day for 1 week, then 2 capsules 2-3 x day
- ❖ Prune juice, pear juice, and/or applesauce
- ❖ OTC stool softener, Colace 1-2 times daily
- ❖ OTC Anusol or Preparation H

Low Iron

- ❖ Dark, green leafy vegetables
- ❖ Over the counter Slow Fe
- ❖ Floradix
- ❖ Liquid Chlorophyll
- ❖ Nettle or Alfalfa tea, Black Strap Molasses, Yellow Dock, Dandelion Root

Exercise

- ❖ You can begin gentle chin lifts and abdominal exercises: 1 week after vaginal delivery; 6 weeks after c-section delivery
- ❖ Kegel/pelvic floor exercises

Intercourse

- ❖ Intercourse may be resumed when the vaginal area feels comfortable and bleeding has almost or completely stopped
- ❖ Call us if you are unsure
- ❖ Gentleness and added lubrication may be needed for comfort when you first resume

sexual activity, especially if you are breastfeeding

- ❖ Breastfeeding mothers may ovulate before their first menstrual period; therefore, it is possible to get pregnant even before menstruation has resumed
- ❖ We will be happy to discuss family planning at your postpartum visit

Hormonal Rollercoaster

- ❖ Hormonal fluctuations in the first weeks are expected.
- ❖ Rest as much as you can; sleep when baby sleeps.
- ❖ Ask for help. Communicate with your partner
- ❖ 10 minutes of meditation can do wonders!
- ❖ Get outside and get some fresh air
- ❖ "Postpartum Blues", usually goes away within 72Hr, but can last up to 10 days. Symptoms are unexplainable crying and irritability.
- ❖ "Postpartum Depression", extends beyond 10 days. Symptoms would persist and/or increase in severity and can occur anywhere within 6-12 months after delivery. Additional symptoms include:
 - Sleep disturbance, Loss of appetite, Fear and anxiety, Hopelessness, Hostility or self-blame, Difficulty concentrating or making decisions
- ❖ The Warmline is a resource that will put you in contact with a survivor of perinatal mood disorder that can provide emotional support and suggest appropriate resources.