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Welcome to Parenthood

"Making the decision to have a child is momentous. It is to decide forever to have your heart walking around outside your body"

Welcome to parenthood - - whether it is your first time or a continuing trip. After your delivery, your life and relationships go through multiple changes. However, your body and emotions should return to a normal state in about six to eight weeks. We are here for you during this transition and available for any questions or assistance.
Here are some guidelines for you:

- Continue your prenatal vitamins (and iron) until you run out. Then take a multiple vitamin of your choice.
- Take your prescriptions as directed.
- You may drive when you can drive without thinking about pain and are not taking any medications.
- You may soak in a tub of warm water (a sitz bath) for 20 minutes several times a day. If you had a cesarean section, make sure your incision is dried well after the sitz bath.
- Continue to use the plastic squeeze bottle on your perineal area for several more weeks.
- Take care of only yourself and your new baby for the next 2 weeks.
- Do not lift anything heavier than your new baby for the next 2 weeks.
- Pelvic rest. Nothing in, around, close to the vagina for six weeks.
- Return to the office.
    - 1 week – circumcision
    - 1 week – staple removal for cesarean section
    - 2 weeks – initial postpartum exam – **please call before leaving the hospital**
    - As needed for problems or advised by providers

CAUTIONS

Call the office for any of the following problems:

- Temperature equal to or over 100.8 by mouth.
- Red Streaks and/or Hot Patches on breast(s).
- Severe painful breast(s).
- Cesarean section or Tubal Incisions: Red, hot oozing pus, blood; tender; foul odor.
- Heavy continuous vaginal bleeding.
- Foul vaginal odor.
- Red, hot tender streaks on calves.
- Any severe mood changes, suicidal thoughts, harmful thoughts.
- Any other problem or issue we may help you with.