

Fruit of the Womb, LLC
Postpartum Care Instructions

For Mother:

- Your bleeding will be like a heavy period and gradually taper off. You may pass some clots. *****Call your care provider immediately if you are soaking a pad in half an hour or less, passing clots bigger than an egg, or you are concerned about your bleeding.*****
- Normal temperature range for you and baby is 97-100.4. You may spike a fever when your milk comes in. You do not need to take your temperatures routinely. *****Call your care provider immediately if you have a fever, flu-like symptoms, a tender uterus, or foul-smelling discharge.*****
- If you had stitches or a laceration, keep your legs together as much as possible. Avoid stairs. Blot rather than wipe.
- Eat and drink foods rich in protein, iron, and vitamin C. Continue taking your supplements. Magnesium citrate helps keep bowels soft and regular.
- For afterpains, you may use After Ease Tincture, Liquid Calcium (1 TBS as needed), Ibuprofen (up to 800mg every 6 hours), and/or a hot water bottle on top of the uterus.
- **Rest and sleep as much as possible.** Sleep when your baby sleeps.
- Spend the first 2-3 weeks mostly in bed and at home, snuggling with your baby, eating and drinking warm and nourishing foods. Avoid driving and heavy housework.
- Plan for 6 weeks of mostly resting to allow your body to heal, produce and regulate your milk supply, and bond with your baby. More rest leads to more complete recovery.
- *****If you note symptoms of a blood clot in your leg, get off your feet. Elevate the leg and call your midwife or a doctor immediately.*****

For Baby:

- Keep baby skin-to-skin as much as possible for bonding and natural regulation of temperature, heart rate, breathing, and blood sugar.
- Feed baby on demand - at least every 2-3 hours until your milk comes in. Feedings may last around 20 minutes on each breast. Babies often cluster feed in the evening and may sleep one or two 4-5 hour stretches after your milk comes in - hopefully at night.
- Try to achieve a perfect latch each time. Use your pinky finger to break the seal and re-latch if the latch is poor or painful. Reach out for help with breastfeeding as needed anytime, day or night.

- Baby should never sleep more than 5 hours at a time during the first week of life.
- Once your milk is in, baby should make 4-6 wet diapers a day. The first poops will be black and tarry meconium. They will gradually become yellow and seedy.
- Keep baby's umbilicus uncovered (outside the diaper) so it can dry and fall off. It may get a little smelly but should not be red or exude pus.
- You can't spoil a baby! Their needs and their wants are one and the same. Reach out to us with any questions or concerns.

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