

Fruit of the Womb, LLC
Postpartum Care Instructions

For Mother:

- **Empty your bladder every 2-3 hours** routinely during the first 24 hours to help your uterus contract effectively and prevent excessive bleeding and cramping. Squirt warm water with your peri-bottle to dilute the stream of urine and ease the burning sensation.
- Have someone with you the first few times you get up to the bathroom. Take it step-by-step each time you get up in the first 24 hours. If you feel dizzy or faint, immediately lower yourself to the bed/chair/floor and lower your head.
- **Monitor your uterus** for the first 24 hours. It should be at or below your navel and firm. If it is not, massage it, empty your bladder, and nurse to bring about contractions.
- Your bleeding will be like a heavy period and gradually taper off. You may pass some clots. *****Call us 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.*****
- **Take your temperature and baby's temperature every 4 hours** for the first 24 hours, except when you are sleeping. Normal range is 97-100.4. You may spike a fever when your milk comes in. *****Call 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.
- Avoid stairs for the first 2 days. Do not carry your baby on the stairs during the first 2 days.
- 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.
- Stay in and around bed for the first 2-3 days. Do not drive.
- **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.*****

Postpartum Instructions, continued

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.
- 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 not be yellow in the first 24 hours. Call us or your pediatrician if this occurs.**
- Baby should never sleep more than 5 hours at a time during the first week of life.
- **Baby should not be blue around the mouth or in the trunk or struggle to breathe. Call us immediately if you notice this. Call 911 if baby is not breathing.** Normal newborn breathing is erratic and averages 30-70 breaths per minute. Blue hands or feet can be normal. Some mild blueness around the mouth may be normal in the first 12 hours.
- Baby can choke on mucus in the first couple of days as they expel fluid from the lungs. **Make sure someone is with the baby at all times during the first 48 hours.**
- Baby should make at least 1 bowel movement and 1 urination during the first 24 hours, at least 2 diapers the 2nd day, and at least 3 during the 3rd day. 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.
- Take baby's temperature every 4 hours during the first 24 hours. The normal range is 97-100.4
- Keep baby's umbilicus uncovered (outside the diaper) so it can dry. 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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