



Postpartum Instructions

1. Hospital-like activities for at least one week.
2. Nothing in vagina for 3 to 6 weeks. May resume sex and tampons after 3 to 4 weeks if bleeding has almost stopped and stitches are not uncomfortable. Be sure to use birth control, such as condoms or a diaphragm.
3. Continue your iron or prenatal vitamin until your check-up. Breastfeeding moms should remain on a vitamin as long as you are nursing.
4. Call the office to make an appointment for your 5-6 weeks after-delivery check-up. Postpartum contraception can be discussed further at that time. IUD's are available at Wildwood Clinic and can be discussed at your visit.
5. Expect your first period 6-10 weeks from now if you are bottle feeding. If breastfeeding, expect your period a month or two after you stop or slow down on breastfeeding. You can get pregnant again without having another period. Watch out!
6. Call the office if you have fever, an increase in bleeding, abdominal pain or foul-smelling discharge.
7. For breastfeeding moms: A breast infection may first show up as a fever to 101-103 degrees with an achy and tired feeling. If you get these symptoms, check your breasts for tender or red areas and call the office if this develops.
8. Laxative: Drink about 10 glasses of fluids per day (coffee, tea and soda do not count in the 10 glasses), take a bran cereal every day and some prune juice or prunes every day. If this is not effective or if you have not had a bowel movement for more than 2 days, take 1 ounce of milk of magnesia. Call the office if this is not effective.
9. Laceration Repair: Use your spray bottle from the hospital after each time you urinate. Sitting in warm water will ease the discomfort. Ibuprofen or Tylenol is usually sufficient for pain control but call the clinic this is not effective.
10. The "Blues". Many new mothers feel depressed for the first 3-10 days. This is due to the massive hormone changes that occur after delivery. If you are still feeling depressed after delivery or if you feel that you are unable to care for yourself or your baby, please see your doctor.

Newborn Instructions

1. Sleeping position. Baby should sleep on its back. Sleeping on the stomach increases the risk of Sudden Infant Death Syndrome (SIDS).
2. For breastfed babies: Pacifiers may be started after 1 month of age. A bottle may be introduced at this time as well. Do not give a bottle before one month of age without talking to your doctor first, as it can cause problems with baby's latch at the breast.
3. Breastfeeding: Try to feed the baby at least every 2 to 3 hours during the day and at least every 4 hours through the night. Feeding frequently in the first few days of life will help to establish a good milk supply. Learn your baby's feeding cues and feed on cue. Crying is a late sign of hunger and means you've missed the early cues. After baby finishes on the first breast, offer the second. Burp the baby when changing from the first breast to the second breast. All babies spit some back out with some of their burps. If you need immediate breastfeeding help, call Wildwood or call Le Leche League at (608) 827-5530. *Additional handouts on breastfeeding are available upon request.*
4. Bottle feeding: If you need to use a bottle, feed your baby when hungry. This may be as often as every 1 to 2 hours in these first few weeks. Burp the baby periodically throughout the feeding. No bottles in bed ever, even when the baby is old enough to hold it. Bottles in bed can severely damage the teeth and can cause ear infections. Always hold your baby for feedings: Never "prop" the bottle.
5. Formula: Strict breastfeeding is recommended but, if you feel you need to use formula, please discuss this with your provider.

6. Other foods: Your baby should be on breast milk or formula for the entire first year. Other foods may be added at 6 months of age. Further instructions will be given at baby's office visits. Do not give your baby any honey until age 12 months. Speak further with your doctor when it is time to introduce solids.
7. Vitamins: Breastfed babies need 400 IU of Vitamin D supplemented daily. This can be obtained with over the counter infant multivitamins. Alternatively, mom can take 5000 IU of Vitamin D3 so that it can get into the breastmilk. Formula-fed babies need no additional vitamins. Your doctor will instruct you if any additional vitamins are recommended.
8. Fluoride: Babies do not need fluoride during the first 6 months of life. After that time, talk with your baby's doctor about recommendations specific to your child.
9. The cord: No specific care need be given to the umbilical stump remnant. Keep the stump dry. It should fall off on its own within the first 3 weeks. Watch for signs of infection (increasing redness or warmth, foul smell, etc) and report any infection to your baby's doctor.
10. Circumcision: Lots of A&D ointment with every diaper change for the first few days, otherwise, no special care is needed. Expect to see a little greenish yellow discharge on the outside end of the penis for a few days. Clean it with water at the time of diaper changes.
11. SMOKING: THERE SHOULD BE NO SMOKING ALLOWED IN THE HOUSE, EVER! Children in homes with smokers have more lung, ear and throat diseases than in nonsmoking homes.
12. Diaper rash: All babies get it. Baby wipes are okay but discontinue them if a rash develops and then clean diaper area with plain water with each change. Dry well with a tissue and air. The diaper area should be completely dry, including the folds, before the next diaper is put on. Don't use baby oil. Don't use powders since they get in the air and the baby (and you) may breathe them in where they can be irritating to the lungs. Desitin or A & D ointment help keep moisture off baby's skin.
13. Vaginal discharge or breast enlargement: Baby girls may have a vaginal discharge or even slight vaginal bleeding. This is due to hormones the baby is exposed to in the uterus and diminishes with time. Babies of both sexes may have a mild breast enlargement and even some nipple discharge.
14. Car seats: It is state law that the baby must go home from the hospital in a rear-facing car seat and always be in a car seat in any car trip.
15. Follow up appointments: Make an appointment for your baby one to two days from hospital discharge or as instructed by your doctor.
16. Well water: If you have a well, you will need to get it tested for bacteria count, fluoride and nitrates before baby drinks any of the water. You can call Dane County Environmental Health at 608-242-6256.
17. Emergencies: Call the clinic number at all times for emergencies. When the office is closed, we have a voice mail system where you may leave your name and phone number with a message and the on-call doctor will call you back within minutes. If you are sure your question or problem is not urgent, please call during office hours. For urgent questions, please call at any time. You may also call the St. Mary's or Meriter Lactation Consultants with your questions. Certainly, for anything that you think might be life threatening, call 911.