

## **Immediate Postpartum Instructions**

Womancare Birth & Breastfeeding

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### **The first 24 hours**

#### **For Mom:**

##### **CALL US IF:**

**You soak more than two pads in an hour end to end**

**Your bleeding smells foul**

**If you pass a lot of clots or if any of them are larger than an duck egg**

**If a clot looks like placenta or membranes, save it for our inspection**

**If your temperature is above 100.6 for more than 12 hours**

#### **Bleeding (lochia)**

Normal bleeding is similar to a heavy menstrual period

Will be bright red for a few days

Clots as large as an egg or even larger can be very normal if you have been lying down.

Blood pools in the vagina when you are lying down and then clots and comes out when you rise.

#### **Uterus**

Check and massage your uterus every hour for 12 hours unless sleeping.

Should feel like a large grapefruit. Massage it until it does.

Should be at or just below your umbilicus

You can take Tylenol/Ibuprophen Or After ease herbs for pain while nursing.

Sometimes planning ahead for this can make nursing much more comfortable.

#### **Perineum**

Keep your perineum very clean

Most of our moms get a Frida Mom angled Peri bottle for rinsing their perineum when going to the toilet. If you don't have one we can give you an extra regular one. Be sure to go straight to the sink when you need to pee so you can start the water warming to fill your bottle, or have your partner get it ready. This way your bottle is filled with warm water the minute you sit down to pee and you can use the warm water to dilute the urine so it doesn't sting the delicate tissues of your perineum and bottom.

We left a regular peri bottle in your bathroom with Comfrey/calendula tea in it. Use this liquid after you rinse off every time you use the bathroom about 1/3 of the bottle per visit to the bathroom. Do not try to make it last longer than that or the tea will spoil.

You can ice your perineum with ice in a towel for 20 minutes at a time, or make padsicles.

Use your comfrey compresses to ease swelling for 30 minutes at a time, longer will dissolve stitches. If you don't have stitches you can leave them on longer.

#### **Using the Bathroom**

Urinate as often as you can

You can support your perineum with a warm washcloth the first few times you defecate to support stitches

#### **Temperature**

Ask us how to use a thermometer if you don't know how

Take your temperature twice a day, it should not be above 100.6

A forehead style thermometer is a good investment and easy to use.

**Bathing**

Taking a bath in a clean and sanitized tubs is okay, hot tubs or unsanitary water is not okay, showering is fine.

**Nursing**

Make sure your baby is actually latching and swallowing your colostrum. We will help you with positioning if you like before we leave. Your baby gets everything he needs from the early milk in your breast.

## **For Baby in the first 24 hours**

### **CALL US IF:**

**The cord bleeds more than a few spots**

**Baby's skin or eyes look yellow the first day, this could be jaundice and IT NEEDS TO BE LOOKED AT. Early jaundice can be serious and not like regular newborn jaundice.**

**Baby is grunting or gasping or choking continuously**

**Skin is turning blue**

**Difficulty breathing or choking when nursing**

### **The Cord:**

Only clean the stump w/ alcohol if it gets pooped on, peed on, or if someone touches it.

Keep the diaper folded down away from the cord to keep it dry

We will take the cord clamp off at our 24 hour visit (Not necessary for Centro band).

### **Urine and stools**

Babies have black, sticky stool for about three days

Rubbing olive oil all around the bottom and genitals will help keep the stools from sticking

Baby should urinate by 24 hours and defecate by 48 – **CALL IF HE/SHE DOESN'T**

**DO NOT** retract baby boy's foreskin

Girls may have bleeding and mucus from their vagina; it's a response to your hormones. It is normal.

Babies can have brick red urine from acidic urine

### **Temperature**

Take baby's temperature twice a day for the first two days. If you were group b strep positive and declined antibiotics then take the baby's temp every two hours.

It should be 97-99 on the forehead, under the arm or 100 rectally – **CALL IF IT'S HIGHER OR LOWER (Lower in a newborn can be the same as a fever in an older child).**

Dress the baby as you would dress yourself; if his/her body is warm and his/her hands are cool that's just right. If the house is cold a light blanket and keeping baby skin to skin will help baby regulate their temperature.

### **Eyes and Skin**

It's normal for baby's eyes to look puffy

It's normal for hands and feet to look a little blue

Pink blotches or rashes are normal

### **Bathing**

You don't need to bathe the baby until the cord falls off and the stump heals.

You can clean the baby with warm wet washcloths and coconut oil. Keep cord dry.

### **Breathing**

It's normal for baby to breathe irregularly; sneezing, hiccupping, coughing and crying are ok. If you are worried it's too fast or slow you can count while watching a second hand or using a timer. 40 to 60 breaths per minute is perfect and slightly slower or faster is probably just normal newborn transitioning behavior as they learn to use their lungs.

It's okay to use your bulb syringe to get out mucus from baby's throat, turn the baby's head to the side, squeeze the bulb flat, put it in baby's cheek and then let go.

Baby's often throw up mucus sometime in the first twenty four hours.

### **Sleeping**

It's okay for baby to sleep in your bed. Studies show that sleeping next to a parent helps to regulate baby's temperature, heart rate, breathing, and calms their anxiety of suddenly not being inside their mothers and the only environment they have every known.  
Putting the baby to sleep on their back reduces the incidence of SIDS

**PLEASE CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS THAT ARE NOT COVERED HERE. We are here to help! And congratulations on your new baby!**