



## Discharge Instructions

### Call our office to schedule your follow up appointment:

- 2 weeks if you had a C-section or tubal ligation
- 6 weeks if you had a vaginal delivery
- OR as recommended at the time of discharge.

### Call our office if you experience any of the following:

- Flu-like symptoms or fever greater than 101°F
- Breasts that become hard, tender, red
- Burning with urination, urgency or frequency
- Foul-smelling discharge or unusual abdominal tenderness
- Heavy vaginal bleeding with passage of clots
- Extreme tenderness of the vaginal repair or poor healing from stitches
- Leg swelling with pain, redness

## Helpful Resources

- **LactMed**, for information on medications and breastfeeding, <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
- **American College of Obstetricians and Gynecologists: Resources for Patients**, for evidenced based answers and information, <https://www.acog.org/patients>

## Postpartum Mood Changes

### Postpartum blues:

Within a few days after delivery, some women may begin to feel anxious, sad or upset. You may also experience any of the following:

- Anger toward the baby, other children or your partner
- Crying for no clear reason
- Difficulty sleeping, eating, making choices
- Doubts about your ability to care for a new baby

These feelings may come and go in the first few days after delivery. Postpartum blues typically improves within 1-2 weeks with no treatment.

### Postpartum depression:

Women with postpartum depression may have intense feelings of sadness, anxiety, or despair that prevent them from doing daily tasks. Postpartum depression can occur up to 1 year postpartum, but it most commonly starts about 1-3 weeks after delivery. If you think you may have postpartum depression, or if your partner or a family member is concerned that you do, please call our office as soon as possible. Do not wait until your postpartum visit.

### Postpartum Support International

<https://postpartum.net>

## Contraception

- It is possible to become pregnant very soon after having a baby even if you have not yet had a menstrual period because for most women, ovulation occurs 2 weeks before their period starts. If you are breastfeeding, ovulation may be delayed, but it usually returns by about 6 months.
- Initiating a birth control method in the weeks after delivery helps you avoid an unintended pregnancy and lets you plan your family.
- All methods are safe to use while breastfeeding. Only a few methods are not recommended during the first weeks of breastfeeding because there is a very small risk that they can affect your milk supply.
- **You should not have intercourse after delivery until your provider indicates it is safe to do so.**

## Breastfeeding

- **Exclusive breastfeeding** is recommended for the first 6 months of a baby's life.
- Let your baby set his or her own schedule. Most babies feed at least 8-12 times in 24 hours, or about every 2-3 hours.
- Many newborns feed for 10-15 minutes on each breast, but can nurse 1-2 hours at a time or feed very frequently, every 30 minutes, which is called "cluster feeding."
- Call our office if you have concerns regarding any of the following breastfeeding challenges:
  - Engorgement
  - Clogged duct
  - Mastitis
  - Low milk supply
  - Cracked, bleeding or severely painful nipples
- Keep in mind that many new moms have problems breastfeeding at first. Make sure to ask for help if you need it.
- If you are unable to breastfeed or choose not to, you will feed your baby with formula. Some mothers worry they will miss out on bonding with their baby, but feeding your baby, no matter how it is done, can always be a special bonding time.

**Lactation support is also available through Nursing Mother's Place at Forsyth Medical Center, 336-718-5636.**

