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POST-PARTUM INSTRUCTIONS

SIGNS AND SYMPTOMS TO REPORT TO THE OFFICE:

If you experience any problems, such as:

- temperature of 101+ degrees
- severe abdominal pain
- heavy bleeding (saturating more than one pad per hour)
- unusual breast lumps or tenderness
- any significant signs of post partum blues or depression

ACTIVITY:

Try to obtain adequate rest and avoid lifting. It is recommended that you gradually resume your normal activities. Avoid driving for the first 1-2 weeks. You can start the exercises suggested on the back of this sheet. In addition, do kegel exercises 25 times, 4 times a day.

DIET:

A well balanced diet with at least 2 quarts of water daily will aid in your recovery.

Do not attempt a weight reduction, diet as long as you are breastfeeding but maintain the same calorie intake as during your pregnancy.

MEDICATIONS:

Continue to take your prenatal vitamins for 6 weeks or until you stop breastfeeding. You may take a stool softener (Colace or Metamucil) for constipation. However it is better to adjust your diet with grains, raw vegetables, water, and prunes to avoid constipation. You may use Tylenol for headaches, colds, or incision pain.

BATHING:

You may shower or tub bath. Avoid bubble baths for the first 2 weeks.

PERINEAL CARE:

Keep your perineal area clean, especially after bowel movements. Use the "Peri-Care" bottles with warm water after each urination, just as you did in the hospital. In addition use your sitz bath 2 or 3 times a day as needed.

BREAST CARE:

IF YOU ARE BREASTFEEDING, use a well-fitting support bra. There is no need for special cleansing techniques for your breasts or nipples either before or after nursing. When you bathe or shower use only warm water on the breasts and nipples, as soap can be drying. After feeding let the nipples air dry or gently rub a drop of breast milk onto the nipple.

DO NOT TAKE any medications without checking with our office or your pediatrician first.

IF YOU ARE NOT BREASTFEEDING, wear a good, well-fitting bra day and night for two weeks. Use ice packs and take Tylenol as necessary.

SEXUAL ACTIVITY:

Do not douche, use tampons, or have sexual intercourse until your 6 week post partum visit. Long term family planning will be discussed at that time.

POST PARTUM VISIT:

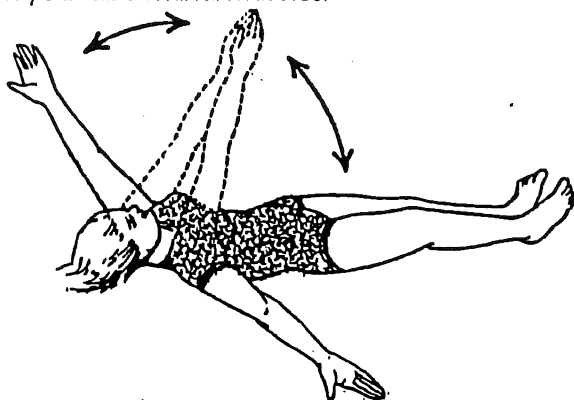
Call the office shortly after discharge for a 6 week post partum visit for a vaginal delivery, or a 2 week appointment after cesarean section.

10 Exercises after Pregnancy

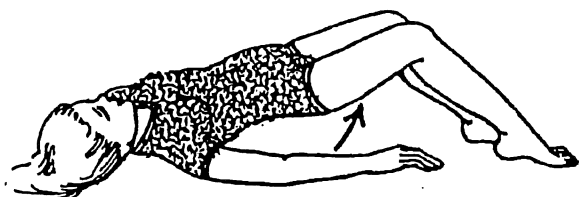
Worried about your appearance? Your problem is largely temporary - if you avoid excessive weight-gain, wear an expertly fitted bra, even during sleep, and start these re-toning exercises before you leave the hospital. Add a new exercise each day. Do each one 10 times, twice each day, morning and evening, for a month or more.



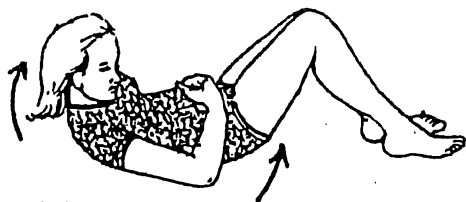
1st Day: Breathe deeply, expanding your abdomen. Hiss as you slowly exhale, then forcibly draw in your abdominal muscles.



2nd Day: Lying on your back with your legs slightly parted, place your arms at right angles to your body and slowly raise them, keeping your elbows stiff. When your hands touch, lower your arms gradually.



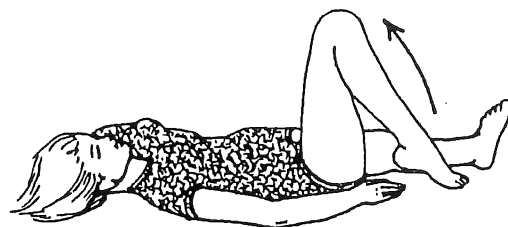
3rd Day: Lying with your arms at your sides, draw your knees up slightly, arch your back.



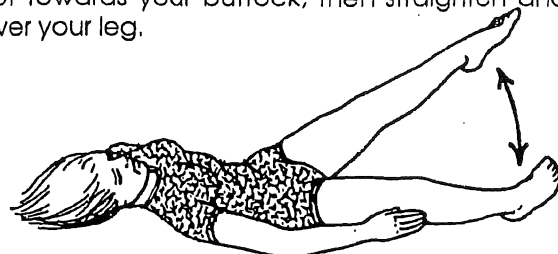
4th Day: Lying with your knees and hips flexed, tilt your pelvis inward and tightly contract your buttocks as you lift your head.



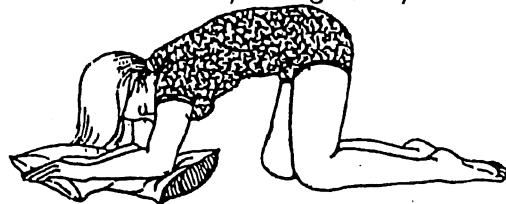
5th Day: Lying with your legs straight, raise your head and left knee slightly, then reach for (but do not touch) your left knee with your right hand. Repeat, using your right knee and left hand.



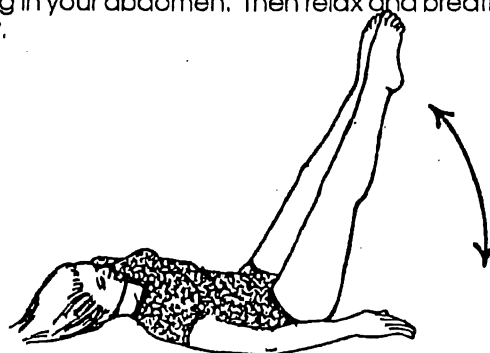
6th Day: Lying on your back, slowly flex one knee and one thigh towards the abdomen; lower your foot towards your buttock, then straighten and lower your leg.



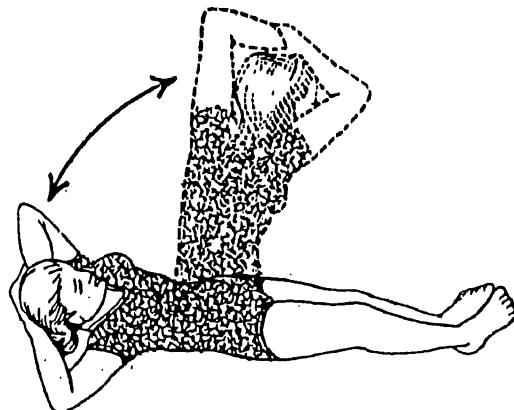
7th Day: Lying on your back, toes pointed and knees straight, raise one leg and then the other as high as possible, using your abdominal muscles but not your hands to lower your legs slowly.



8th Day: Leaning on your elbows and knees, keep forearms and lower legs together. Hump your back upwards, strongly contracting your buttocks and drawing in your abdomen. Then relax and breathe deeply.



9th Day: Same as 7th day, but lift both legs at once.



10th Day: Lying on your back with your arms clasped behind your head, sit up and lie back slowly. At first, you may have to hook your feet under furniture.