

Congratulations on the delivery of your baby!

Below are general guidelines to help you care for yourself and your baby over the next few days.

A Public Health nurse will call and arrange to see you and your baby the day after you arrive home.

For any questions refer to your 'Healthy Parents, Healthy Children' book, or call the Early Start Line at 403 244-8351.

Please call your maternity clinic with any **URGENT medical issues**. Outside of office hours:

Low Risk Maternity/Ensemble Clinic patients, call the doctor on call at 403 212-8223, pager # 07262.

Foothills Maternity Clinic patients call Health link at 811. For **URGENT** obstetrically related medical issues in the first 14 days postpartum you can also be seen in maternity triage on unit 51. Please note once discharged, your **baby cannot be seen at Foothills Medical Center for medical concerns**. The baby can be seen at emergency at Alberta Children's Hospital, Peter Lougheed Hospital or South Health Campus

FOR YOUR BABY

- Your baby needs to be seen by your maternity clinic **7-10 days** after you are discharged from hospital.
- Your baby should **feed 8-12 times/day or sometimes more** (about every 1-3 hrs) until they have recovered their birthweight. Unless you are directed otherwise, only feed your baby when they are hungry. Your baby will feed more effectively when fed 'on demand' rather than based on a timed schedule. It is normal for babies to feed frequently on day 2 of life; if you are breastfeeding this is what signals your body to increase your milk supply. Pumping and formula feeding may be recommended in some cases but should be used in such a way as to interfere as little as possible with breastfeeding.
- Up until day 6 the number of **wet diapers** baby makes should at least equal the number of days old they are (ie. At least 5 wet diapers on day 5). There is often at least one **dirty diaper** a day for the first 6 days.
- **Contact a health care provider if:**
 - your baby is not having the recommended number of wet or dirty diapers, OR
 - if they are very sleepy and not able to wake enough to feed well, OR
 - if you see that baby has **jaundice** that is spreading down to their abdomen or legs OR
 - if your baby has signs of an eye infection, including redness to the white part of their eye, swelling of the eye lids, or green or yellow pus coming from the eye.
 - High or low temperature, working hard to breath (flaring nostrils, fast breathing, sucking in of skin around ribs)
- We recommend baby sleep on his/her back in a safe sleep environment. During awake times, your baby needs **tummy time** daily on a safe surface.
- All babies need **Vitamin D drops** (800 IU) daily.

FOR YOU

- Breastfeeding women should continue taking prenatal vitamins and **Vitamin D** (2,000-4,000 IU daily).
- If you were on **Iron** supplements prior to delivery or they have been recommended after delivery, please start them once you are home and your bowel movements have regulated.
- For **urgent concerns** such as headaches, blurry vision or blood pressure >140/90 please call the clinic or the physician on call.
- For **pain management** you can take **Ibuprofen/Advil/Motrin** (200-800 mg every 4-6 hours, max 3200 mg/day) and/or **Acetaminophen/Tylenol** (325-1000mg every 4-6 hours, max 4000mg/day). If, despite taking these two medications, you require further pain relief you can take a narcotic such as Hydromorphone, Oxycodone or Morphine as prescribed by your physician.
- Your **bleeding** will be like a heavy period for the first few days. Contact a healthcare provider if you have increased blood flow such that you are soaking a pad in less than 1 hour, for 2 hours in a row or clots larger than an egg.
- To avoid **constipation**, stay well hydrated and eat lots of fibre-rich foods. Medications such as narcotics and iron supplements make you more prone to constipation. Take **Laxaday/Restoralax/PEG3350** (starting dose 17 grams/day) to ensure that you are having at least one bowel movement per day and that you are not having to strain to pass your bowel movements.
- If you have had a **vaginal delivery** apply frozen pads or ice packs (wrapped in a towel) to your **perineum** until the swelling has decreased. Once you get home you can promote healing by soaking in a hot bath with **Epsom salts** (1-2 cups in the tub) 1-2 times per day.
- Recommendations after a **C-section** include: No lifting/pushing/pulling more than 20 lbs for 6 weeks. No driving until you can shoulder-check and brake forcefully without pain (usually 4 wks). Showers only (NO baths) until your incision has healed. If you have increasing pain or redness in the area of your incision, fevers, or pus coming from the incision you need to be seen **RIGHT AWAY**. Clear/yellow fluid draining in small amounts from the incision is normal
- Practice self-care and **rest** as much as possible. You may consider limiting visitors to ensure you get enough rest.