

Post Partum Instructions for Mother and Newborn

For Mother:

Your bleeding will be bright red and you may pass clots, some of which may be quite large. This is normal. Keep your uterus firm by massaging it periodically. Your bleeding will change from red to pink within 3-8 days, then to brown, then clear. If your bleeding increases, slow down and get some rest. You are doing too much.

Drink lots of fluid, especially water (3 quarts per day, just like when pregnant) to keep you hydrated and help establish your milk flow as well as tone your bladder. Herbs that help during this time are red raspberry, nettles and hops. Tea made of fennel, anise or fenugreek seeds is helpful in the production of milk as well. Traditional Medicinals Pregnancy Tea and Mother's Milk teas are great.

For perineal care, we recommend you use warm sitz bath tea in your peri bottle each time you use the toilet. It will ease any burning from urination, and will bathe your perineum with healing, soothing herbs while keeping it clean. Exposure to sunlight or the warmth of an electric lightbulb are also helpful.

Call one of us:

1. Anytime you soak 2 of the pads that come in your kit in less than an hour
2. If your bleeding has a bad odor or becomes yellow or green
3. If you have a temperature of over 100 degrees for more than 3 hours. (It is normal to have a slight rise in temperature when your milk comes in at roughly day 3.)
4. If your breasts become red, tender or painful

For the Newborn:

Keep your baby warm. Babies don't have the ability to regulate their temperature yet. Put a hat on baby, as the head is a large source of heat loss. They need one layer of clothing more than we do. Notice your baby's color in good light. Some jaundice is normal and you may notice that your baby is a bit yellow. If your baby turns very yellow suddenly (not just the face, but the extremities and whites of eyes) call immediately.

Make sure your baby nurses every two hours around the clock in the beginning and that you get lots of rest. Sleep when your baby sleeps! Newborns will generally take a long nap after the first couple of hours earthside. You don't need to wake them during this post-birth rest, but after that, it is important to feed them often. Do not go more than 3 hours between feeds after that first nap.

Call one of us:

1. If the baby's cord has cloudy discharge, bleeding or pus
2. If the cord smells
3. If the cord is red around the base at all
4. If you are concerned about anything

Get plenty of rest and eat lots of good food! Don't be afraid to ask visitors for real help, like bringing cooked meals, doing your dishes or laundry, or taking your older kids for a while. Continue taking your prenatal supplements until your baby is weaned. Keep visits short and to a minimum. They are exhausting to new mothers and babies. Your baby needs to be with you while you establish your breastfeeding relationship.

Remember the 5-5-5 Rule: 5 days in the bed, 5 days on the bed, 5 days near the bed! It is a recipe for success!

Call if you have questions or concerns.
KathRyn - 293-6612 or Lisa - 486-5275