

## Maternal Post Partum Care

Post Partum while in the hospital will include:

- Vitals will be measured frequently after delivery
- Bleeding will be monitored and assessed
- Pain level assessed
- Fundal massage
- Ensuring ability to urinate

Assistance with breastfeeding, if nursing. If mother is breastfeeding, you will be nursing every 1.5-2 hours.

Rest will be encouraged

Eat- you will likely be hungry!

Rooming in with baby is encouraged

Teaching of baby care basics

Baby will receive “Eyes & Thighs”. Injection of Vitamin K to prevent blood clotting as newborns typically have low levels of this vitamin at birth. Eye drop of antibiotics to prevent bacterial eye infections that can be acquired during the birth process.

Baby will receive newborn hearing test, often in mother’s room or in Nursery.

Post Partum at home

- Rest, eat and take care of baby. That’s it. Mom needs to recover and heal from pregnancy, labor and delivery.
- Sleep when you can.
- Nutrition plays key role in recovery. High fiber, fresh fruits and vegetables and increased protein to promote tissue repair are needed.
- No heavy lifting. Especially if C-section delivery.
- Uterus shrinking is a process, likely to continue to have contractions, especially if breast-feeding.
- Bleeding will change from red to brown over course of couple of weeks. Clots can occur, but if larger than a golf ball or more than once, the doctors recommend to be seen to rule out uterine atony or retained placental tissue.
- Limit visitors to reduce exposure to germs. If you have visitors, ensure they wear masks, wash hands and use alcohol based hand sanitizer.

- Don't be afraid to ask for help
- Baby Blues and PPD

Baby Care Basics:

- Swaddling
- Feeding, slow paced bottle feeding
- Expected number of poops and wet diapers daily
- Newborn sleep patterns
- When to call the pediatrician