

Congratulations on the birth of your new baby! If you have any questions or concerns after you return home, please call our office at 330-543-4500.

We also recommend you call us to schedule your postpartum visit as soon as you deliver. This is a very important visit for your health care needs and to make sure we, or your primary physician, help you plan for any additional care needed after your delivery.

When You Should Call the Office

If you experience the following symptoms, call 330-543-4500.

- Temperature of 101.4 degrees F or higher.
- Frequency of or burning with urination.
- Stitches have not dissolved within 3 weeks or the area is raw or irritated.
- Vaginal bleeding soaking more than 1 pad per hour.
- Fainting.
- Breast swelling, redness, tenderness, warmth or red streaks.
- Drainage from, or opening of, the incision.
- Constipation not relieved by diet.
- Increase in abdominal pain.
- Crying spells or mood swings that feel out of control.



About Maternal-Fetal Medicine

Akron Children's Maternal-Fetal Medicine provides services for women who may be at risk for complications of pregnancy and care for fetuses that may be at risk for or have been diagnosed with a genetic disorder or congenital defect.

The staff includes perinatologists with advanced training and clinical experience in high-risk obstetric problems and advanced prenatal diagnosis. We offer specialty maternal care including consultation, co-management and ongoing care with a perinatologist.

Preconception services are available for women with medical or family histories that put them at risk for pregnancy complications or for couples concerned about genetic conditions and disorders.

Locations and Providers

akronchildrens.org/mfm



After Delivery Care Guide

Guide to patient care and
services



After Delivery Care Guide

Activity

Try to rest as much as possible your first week home. It will take weeks before you resume your normal activities. Take stairs slowly and limit trips. Limit visitors to allow time to adjust to your baby and get settled at home. You may shower at any time. Do not take a tub bath until the bleeding stops. Start Kegel exercises to help strengthen your pelvic floor muscles. You may swim when the bleeding stops. Begin other exercises after your follow-up appointment.

Cesarean Section Care

Lift only to comfort level, 20 pounds or less. Clean the incision with soap and water. When showering, keep the direct spray away from the incision. Pat the incision dry with a clean towel. Steri strips may fall off on their own or you can gently remove them after a week.

Vaginal Discharge

You may have vaginal bleeding and discharge for 6 to 8 weeks. The discharge will slowly decrease in amount and change in color from bright red to pink-brown.

Excess activity may increase the amount of discharge and cause it to become bright red again. If this happens, reduce activity. Change peri-pads often to prevent infection.

Menstruation

Your menstrual periods may take up to 6 months to resume. You may experience heavier flow, cramping and small clots with your first menstrual period. Do not use tampons or douches until after your follow-up appointment.

Your Nutrition

Eat a well-balanced diet and take your prenatal vitamins and iron supplements to help your body heal. Discuss any diet plans with your doctor at your follow-up appointment. If you are having trouble with constipation, add more grains, vegetables and water to your diet.

Feeding Your Baby

If you are planning to breastfeed, contact our lactation consultant at 330-543-4531 before your delivery date so we can plan for your needs. You may also call with questions or concerns during your hospital stay.

Eat a well-balanced diet and drink fluids when thirsty to help maintain your milk supply. You may experience breast fullness, tenderness and leaking as your milk comes in. This usually occurs in about 2 to 4 days after delivery. Nurse your baby every 1 to 3 hours, about 8 to 12 times a day, to establish your milk supply.

If you choose not to breastfeed, you may use ice packs on your breasts and wear a supportive, but not tight, bra for comfort. Your milk supply will decrease in about a week.

Your nurse or a dietician is available to discuss your baby's nutrition needs if you choose to bottle feed or if your baby has special feeding needs.

Episiotomy Care

You may have perineal swelling and pain due to the stretching needed to deliver your baby. You may experience itching as the stitches start to heal. Proper care of the perineum after childbirth is important for comfort, to prevent infection and to help heal the rectal and pelvic muscles.

Keep the incision clean and dry. After using the bathroom, spray warm water over the vaginal area. Gently pat the area dry, making sure to start at the front and end at the back to avoid spreading germs from the rectum to your vagina. Then use any wipes, sprays or foams needed to relieve pain. Place a clean pad in place.

You may take a sitz bath 2 to 3 times a day for comfort. You can use a sitz bath tub or sit in a tub with about three inches of warm water for about 15 minutes.

Pain Control

If we prescribed pain medication, use it as needed and as instructed. Ibuprofen helps with pain relief and swelling, so continue taking it as recommended. Use hemorrhoidal pads with witch hazel to help soothe burning or itching from hemorrhoids.

Planned Pregnancy

Ask about birth control options if you do not want to become pregnant again right away. Babies can be born nine months apart. Breastfeeding decreases, but does not prevent, fertility. Ask about choices for birth control methods if you plan to breastfeed. If you are breastfeeding, do not use birth control pills that contain estrogen and progesterone, a vaginal ring or monthly shots.

If you are planning to have more children, we recommend birth spacing of at least 18 months before you try to get pregnant again. Pregnancies that occur close together increase the risk of early delivery and issues of prematurity in a newborn.

Sexual Intercourse

If you had an episiotomy or a Cesarean section, wait at least 4 weeks before having sex so the incision can heal. It takes about 6 weeks for your uterus to return to normal after you give birth. It is not normal to be in pain or to be unable to have sex. Recovery time varies from woman to woman. It takes time to completely heal and want to have sex again.