



Preferred Women's Healthcare

PLEASE READ AND KEEP FOR REFERENCE YOUR LAST MONTH

1. **Hospital pre-admission forms** and information regarding sibling visitation may be obtained at the reception desk in our office. If the pre-admission form has not been sent, please do so now.
2. Your **prenatal visits** will now be weekly or more often as specified by the doctor. These visits may include a pelvic exam in addition to the usual weight check and lab work. It is *possible* to experience painless spotting immediately, or within 48 hours of the pelvic exam.
3. **Low backaches** and **abdominal pressure** may shift to leg pains. Vaginal discharge will likely increase. These symptoms are normal, indicating that the baby has assumed the birth position.
4. For **onset of labor**, notify the doctor immediately, through his/her nurse during office hours, or after hours through the answering service using the regular office number, 770-962-5100. You should also notify the doctor if:
 - a. **Timed contractions** become regular. (For first time pregnancies this means **five** to seven minutes apart for one hour; for succeeding pregnancies this means ten minutes apart for an hour.) Use a watch to time from the beginning of one contraction to the beginning of the next.
 - b. You have **bright red vaginal bleeding**.
 - c. You have a **rupture of membranes**: a sudden gush of clear, watery liquid from the vagina. This may or may not be accompanied by contractions.
5. **For admission to the hospital:** Go to the front lobby of Gwinnett Women's Pavilion. If it is after hours, ring the doorbell and someone will help you.
6. Your **hospital stay** will vary according to the type of delivery you have - vaginal or Cesarean section. For a vaginal delivery, you should plan on a one or two day stay. For a Cesarean section, you should plan for a three to four day stay. You should also check with your insurance company and find out if you have an approved maximum length of stay.

POST PARTUM INSTRUCTIONS

Congratulations! The Physicians of Preferred Women's Healthcare wish you a quick recovery as you begin this new phase of life! Here are some guidelines you may wish to refer to in the days ahead.

RETURN OFFICE VISIT

On your last day in the hospital, please call the office and make an appointment for six weeks from delivery. You may make this appointment with any physician you wish. If you experienced a Cesarean Birth, your appointment should be made four weeks from delivery. You should make your appointment before you leave the hospital. Our office number is 770-962-5100. If a prescription is needed, such as birth control pills or pain medication, please let the receptionist know when you call to make your postpartum appointment. Have your drugstore phone number ready and the physician will have it called in for you. If you have any questions concerning your recovery, etc., we will be glad to assist you.

DIET

The physicians recommend a well balanced diet, especially if you breast feed. Continue taking your prenatal vitamins and iron pills, one per day for the next month. If you are breastfeeding, you need to continue them as long as you nurse.

Remember to include foods from each of the basic food groups, especially food rich in protein and Vitamin C. Try to eat some type of roughage, e.g., bran cereal, lettuce, fruits and vegetables, at least once a day. Drink large quantities of water to aid in avoiding constipation. Prune juice may also be helpful. If constipation should become a problem, call our office for additional instructions.

GENERAL ACTIVITIES

It is recommended that you relax and enjoy your newborn the first seven to ten days at home. This is your special time.

You may begin driving after a period of ten days to two weeks. Remember that progressive exercise is the key to a quick recovery. Walking is *very* good exercise. You may walk up and down stairs in moderation. During your stay in the hospital, the Physical Therapy Department will review some exercises with you. Begin these according to their instructions. It may be four to six weeks before you feel that you have completely regained your strength.

Marital relations may be resumed in approximately four weeks, or when you are comfortable. You should consider a form of contraception. Pregnancy can occur contrary to old wives' tale. If you are not breast feeding, birth control pills, IM and the diaphragm are all options. While you are breastfeeding, birth control pills should not be taken. Your physician will discuss this further with you in the office. Until the time of your visit, foam and condoms may be used. If you are not breastfeeding and you desire to begin birth control pill, you should begin taking them upon discharge; they will be effective in four weeks. If you are considering a tubal ligation as a means of birth control, the physician will discuss this with you during your postpartum check up.

CESAREAN SECTION DELIVERY

If you have experienced a Cesarean Section delivery, there are some further considerations. Hospital stay is about three to four days. You will notice that your incision is closed with surgical clips that will remain in for seven to ten days after delivery. When you are discharged, the physician will tell you when to return to the office for surgical clip removal. Please call for an appointment to remove your surgical clips

along with making an appointment six weeks from delivery. Showering is permitted once the dressing has been removed and if you feel strong enough. After the clips have been taken out, you are encouraged to take two warm tub soaks a day, lasting about 20 minutes each. This should be done for about a week. Moderate exercise, such as walking, is beneficial to regain your strength. However, heavy lifting is not recommended. Marital relations may be resumed after the four-week check up.

CONTINUING CARE

Upon discharge, it is permissible to tub bathe and wash your hair. Continue cleansing the episiotomy area for a few days, as you were instructed to do in the hospital. Betadine is not necessary, warm water is sufficient. Keeping this area clean is the objective. The medication you were given in the hospital may be taken home with you. Additional supplies are available at any drugstore without a prescription. If hemorrhoids occur, they should be kept lubricated with Vaseline or Preparation H. Constipation should be avoided.

Uterine contractions will continue for several weeks as your uterus resumes its smaller size. Spotting and/or bleeding for four to six weeks is not unusual. It is recommended that you sit in a warm tub of water twice a day for approximately twenty minutes each time. Continue this for seven to ten days. This cleanses the episiotomy, relaxes the tissues and increases circulation to the area to promote healing. Your episiotomy stitches will be absorbed in the surrounding tissues.

CIRCUMCISION

The obstetrician performs the circumcision, surgical removal of the foreskin of the penis. After the hospital permit is signed, the procedure will be done during your hospital stay. The area should be kept clean and the remaining foreskin regularly retracted to prevent growth of healing tissue to the glans, the circumcised area of the penis. The area may be kept protected with Vaseline gauze or a thin coating of Vaseline. Your pediatrician will provide any further guidelines.

COMPLICATIONS

Our office is always happy to assist you. Here are some symptoms, which indicate that further instructions are necessary.

1. Heavy bleeding
2. Temperature above 101 degrees
3. Unusual pain
4. Cracked nipples or painful areas in the breasts