

Blessing Way Midwifery

Mom

- You should not be left alone at any time for the first 24 hours
- Let us know if you soak more than one pad in 20 minutes. Massage your uterus firmly to contract it. If the bleeding does not stop: Call IMMEDIATELY
- Check your uterus for firmness several times a day, for at least 3 days.
- Call us if you pass a clot bigger than a golfball. Attempt to save the clot for our examination. Massage your uterus and feed your baby if this happens.
- Call us if your flow has a bad odor (it should smell like your period), if you develop a fever, or have chills.
- Take your temperature at least once a day and again if you feel unwell for the first 3 days (normal is between 36.5-37.5)
- Get lots of rest. Sleep when the baby sleeps, eat lots of food that is iron-rich to replenish your stores after blood loss from the birth. Drink plenty of water to help establish a good milk supply. Ask visitors to help with food, laundry, dishes, or whatever else you might need.
- If you've had stitches or a tear, use our peri bottle filled with warm water and ½ a dropper full of Calendula tincture and rinse your perineal area from front to back every time you use the bathroom. You can also soak your perineum in a shallow (mid-thigh level) clean tub of warm water and add any of the following: Calendula tincture, Tea steeped with ginger, comfrey, golden seal or scent free Epsom salts.
- To aid healing wear breathable materials- e.g. cotton underwear with loose pants or a skirt, are better than synthetic materials.
- Change your pads often and use plain cotton pads without plastic or chemicals to reduce risk of irritation or infection.
- Leaking urine after birth is not uncommon. Start pelvic floor exercises such as stopping your urine or doing kegels or other core exercises are helpful.
- Tylenol and Advil are safe for breastfeeding and can be used to decrease discomfort. Homeopathic Arnica 30ch can also help with the discomfort and healing.
- Ice packs or frozen pads with calendula are comforting in the first 2-3 days. Do not use for more than 30 minutes at a time.
- Avoid constipation to minimise discomfort by adding fiber to your diet, drinking plenty of water and possibly using psyllium or stool softeners if required.
- There is no right time to resume sex. If you have no sutures or tears then it may be after 2 weeks. For most women with tears or sutures, it is a good idea to wait until the tissue is healed usually by 6 weeks. Please feel free to discuss this with your midwife.

Baby

- Make sure the baby's cord stays clean and dry. Clean with a Q-tip and plain water if it is dirty. Ensure that the area where fold meets skin is clean. Call if you notice a foul odor coming from the cord.
- Place the baby on her back to sleep. Please read the pamphlet "Sharing a bed with your baby" for safer sleeping guidelines as there are guidelines to making your baby safer if you plan to have baby in bed with you. Recommendations are that babies do sleep in their parents room for the first 6 months to reduce SIDS.
- Keep the bulb syringe for the first couple days to gently suction bubbles or mucous from the mouth. It is best to limit suctioning of nose and mouth as suctioning that is excessive or vigorous can irritate the tissue and increase mucous production.
- Babies normally have one more pee and poop than the day they are old for the first 5 days and then they should continue to have very frequent pees and poops for the first 6 weeks. Chart your baby's behaviors for the first couple weeks (feeds, pees, poops) using the Diaper Diary provided or an app or chart, so you can remember what your baby is doing.
- Keep babies fingernails short by cutting them with baby clippers, scissors, or chewing them to avoid scratching themselves.
- Blocked tear ducts can occur, if your baby has discharge coming from one eye, massage the skin and duct on the inner aspect of the eye, put a couple drops of breastmilk in the eye.
- Some babies can get jaundiced (yellow-tones skin) a few days after birth. This is normal as long as your baby is peeing, pooping, and feeding well. If your baby is sleepy and doesn't wake for feeds or is not eliminating as much as they should, please contact us.
- Swaddling and carrying or wearing your baby is very important as this is soothing and encourages bonding and breastfeeding.

Call us if you have any concerns about your baby's behavior or you feel something is unusual or troublesome.