

Tree of Life Midwifery Care
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Postpartum Instructions

1. Apply herbs to the baby's cord at every diaper change. Keep plastic diaper linings away from the cord so that it may be aired dry.
2. Empty your bladder at least every 2 hours while you are awake for the first 3 days. Then as necessary but never hold the bladder full until postpartum bleeding is finished.
3. Drink an 8 oz. glass of water every hour for the first 3 days. After, drink frequently. Do not allow yourself to become thirsty. Always have a drink beside you while breastfeeding.
4. Your baby should wet and dirty a diaper at least once in the first 24 hours. I need to know if this does not happen.
5. Do nothing but rest in bed and take care of your baby for the first 3 days. After 3 days just take care of your baby to the end of 1 week. Then you may SLOWLY resume your normal activities. Do not stand for long periods of time. No housework for 2 weeks. If you feel tired or your bleeding becomes heavier again STOP and rest. Listen to your body. It knows better than you.
6. Continue to eat as you were during pregnancy. Keep taking the pregnancy vitamins. Avoid caffeine (tea, coffee, colas) while breastfeeding. They can cause wakefulness and colic.
7. Air your nipple several times daily and keep them from cracking by applying Vitamin E Oil or Olive Oil after each feed.
8. Resume Kegal's on the first day. Work up to doing them 10 times, 10 times per day. You will be glad you did when you are 50.
9. If your baby starts to look yellow, feed a little more frequently, burp often to allow space and sun your baby in front of a window with only a diaper on. Make sure that the room is warm. Make sure it is indirect light.
10. Add 1-2 teaspoons of betadine to the squeeze bottle and fill with warm water. Use this to rinse your perineal area every time you use the toilet. This will help avoid infection and promote quicker healing.
11. Delay in sexual activity till the 6-8 week check-up. This will give your perineum time to heal. It is best to wait until the discharge has stopped. (about 3 weeks).

Call me if:

- You begin to bleed heavily, soaking a heavy pad in 20 minutes or less. If this occurs, press the uterus between your hand and your spine. Push straight back firmly. This should express any clots that have accumulated then nurse the baby in order to help your uterus to contract. I will leave you a medication called Methergine. I want you to take 1 pill and call me immediately.
- You cannot empty your bladder.
- You become feverish.
- Your baby won't feed for more than 8 hours.
- Your baby becomes yellow and sleepy.
- Your baby's cord becomes soft and smelly.
- You have any questions or worries.