

SmartPhrase List for CORLISS NEWHOUSE

CDNGROUP24DISCHARGE

Postpartum Instructions Capital Women's Care Division 24

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From all of us at Division 24 we would like to say CONGRATULATIONS! Having a baby is one of the most exciting and monumental moments in your life. It can also be a challenging and anxious time. We are here to help in any way we can, and to try to make this the joyful time that it can be. If you have any questions regarding your baby, please feel free to contact your pediatrician. For questions regarding your care and postpartum concerns we remain available to help anytime. Please read through the following general guidelines and instructions to help you feel comfortable and confident that you are healthy and ready for what lies ahead of you.

General Instructions:

1. **Engorgement.** This is common. We recommend wearing a supportive bra. You can also apply ice packs as needed. A warm shower can also help relieve pressure, as can nursing and pumping.
2. **Diet.** You can return to your normal diet without significant restrictions. We recommend plenty of fluids and good quality protein intake.
3. **Circumcision**
 - o We perform circumcisions at an ambulatory surgery center within 30 days of birth to allow for infant-bonding time in the first few days of life
 - o Please call the Maryland Surgery Center at (301) 761-4760 as soon as possible to schedule.
4. **Warning signs.** Please call us for:
 - o Fever over 100.4
 - o Unable to empty your bladder
 - o Severe dizziness or fainting
 - o Heavy bleeding more than 1 thick pad an hour

Vaginal Delivery:

1. Tear, laceration or episiotomy.

- You may experience a pulling or stinging sensation. This is normal.
- You can apply ice packs for 15-20 minutes several times a day to relieve pain.
- Sitz baths with warm water and epsom salts can also help to keep the area clean and improve comfort.

2. Lochia (vaginal bleeding, discharge).

- Duration - this usually lasts up to 6-8 weeks.
- Amount - generally heavy for the first 2-3 days. Some clots are normal for the first 2-3 weeks. It should decline somewhat each day.
- Color - can be red initially, then usually becomes darker in color and even develop a brown, dark brown, or coffee grounds appearance.
- Protection - we recommend pads only, no tampons until after your 6 week visit as directed by your physician

3. Bowel Movements.

- Constipation is common. If experienced, you can use Colace 100 mg (1-2 a day), Milk of Magnesia, Miralax, fiber supplements, Dulcolax suppositories or even enemas. These are all available over-the-counter, so a prescription is not needed.

4. Hemorrhoids.

- Hemorrhoids are common in pregnancy, and especially after a vaginal delivery. All of the over-the-counter medications are safe to use. Making sure you stay well hydrated and are not constipated is also important.

5. Activities.

- Stairs and walking are safe as you feel able.
- Refrain from strenuous exercise until after your 6 week follow-up visit.
- No intercourse, tampons, or douching until after 6 weeks.
- You may drive after one week unless you are still using narcotic pain medicine (like oxycodone).
- Other than Sitz baths with epsom salts, we recommend showers until after your bleeding has stopped.

Cesarean Delivery (in addition to the above instructions):

1. Incision.

- Follow up in the office at 2 weeks for us to evaluate your incision. Please call to make this appointment.
- It is normal to have a small amount of discharge, but if you have significant drainage or the incision starts to come apart please call.
- If you notice redness around the incision or a foul odor please notify us.
- Clean with a shower and pat the area dry. If you have steri-strips they should stay on at least for the first week. If they start to peel off after that, it is OK.
- We will remove any steri-strips at your 2 week follow up visit.

2. Driving.

- We recommend no driving for the first 2 weeks.
- After that as long as you no longer are taking any narcotic pain medications (oxycodone) you may resume driving.

3. Activities.

- You may slowly increase your activity daily as needed.
 - It is important to do some walking daily to improve your lung function and decrease the
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- chance of blood clots in your legs (DVT) or lungs (PE).
- Taking stairs is fine. We recommend you have someone with you the first couple of times you take stairs to make sure you can safely use them.
 - It is normal to have some pinching or pulling sensations, and it is normal for one side to hurt slightly more than the other side.
 - Please notify us if your pain is not controlled with the medications you were given at discharge.

Once again, from all of us, congratulations! We are all excited for the journey you are taking as you grow your family. Thank you for letting us be a part of this momentous occasion in your life. We know there are a lot of choices in healthcare, and we are truly honored that you have allowed us to be a part of your medical team. If there is anything we can do to help please do not hesitate to reach out to us!
