Do you want to know?

Normal Post-Partum Period

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What is it?

The post-partum period is the first 6 weeks after childbirth.

What do you need to know?

Drugs

- Your physician may prescribe iron for you.
- You may have dark stools and constipation or diarrhea related to iron intake.

Diet

Maintain a well- balanced diet.

Therapeutic Measures

Breast Care

- Wipe nipples and areola (dark area around the nipple) with water only. Do not use soap to prevent drying of the skin.
- Do not use any ointment on breasts unless prescribed by your physician.
- Express breast milk and rub on areola before and after breast-feeding since breast milk contains a natural skin lubricant.
- Wear a well-fitting supportive bra.

Vaginal Discharge

- Report any foul odor.
- Vaginal bleeding is expected to gradually slow down over the next 3 weeks.
- A few small clots in the discharges are considered normal.

Considerations

You should contact your physician if you have the following symptoms:

- Alteration in pattern of bleeding: increased amount, presence of clots, a foul smelling discharge
- High Temperature
- Tenderness, swelling, and warmth in any area of the legs
- Swelling, warmth, and tenderness in any area of the breasts
- Do not introduce anything into the vagina for 6 weeks (such as tampons, vaginal douche,…)
- You may resume sexual intercourse six weeks after delivery.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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