

POSTPARTUM/MOTHER BABY DISCHARGE INFORMATION

Congratulations on the arrival of your new baby. This Postpartum Discharge sheet is to provide you with helpful information on how to care for your baby and yourself. Please review the information before you go home and again when you arrive home. If you have any questions, please ask your nurse/midwife or doctor before you leave.

Postpartum/ Baby warning signs to report

Call your doctor/midwife if you or your baby have any of the following:

Mother	Baby
<ul style="list-style-type: none"> <input type="checkbox"/> Temperature over 100.04 F/ 37.8 C, with or without chills. <input type="checkbox"/> Red/hot/tender breasts <input type="checkbox"/> Foul smelling vaginal bleeding or discharge, or itchiness. <input type="checkbox"/> Caesarean incision that is red, draining, swollen or painful. <input type="checkbox"/> Burning sensation during urination or an inability to urinate. <input type="checkbox"/> Crying and periods of sadness beyond the two weeks. <input type="checkbox"/> Your leg (s) are tender and /or red, painful or hot to the touch. <p>Call 911 or go to the nearest emergency department IMMEDIATELY if you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Are soaking a pad with bright red blood in less than 1 hour, and/or passing large clots (size of a plum or larger) <input type="checkbox"/> Have trouble breathing or chest pain, unusual/new headache or vision changes 	<ul style="list-style-type: none"> <input type="checkbox"/> Temperature over 99.8 F/ 37.6 C under 97.0 F/36.2 C (under the arm temperature) <input type="checkbox"/> Abnormal skin colour (pale, bluish or gray) <input type="checkbox"/> Colour of eyes and/or skin yellow <input type="checkbox"/> Unusually fussy, irritable or sleepy <input type="checkbox"/> Cries all the time and can't be comforted <input type="checkbox"/> Not interested in feeding or is lethargic to feed 8 or more times a day <input type="checkbox"/> Has not passed urine or stool in 24 hours in the first week <input type="checkbox"/> Firm, hard stools <input type="checkbox"/> Frequent choking/gagging or coughing persistently <input type="checkbox"/> Frequent or forceful spitting up after feedings <input type="checkbox"/> Green, brown or fresh red blood in the spit up <input type="checkbox"/> Green foul smelling discharge around cord
<p>In the first 72 hours you may call the postpartum/mother baby unit for advice at BCH (9054946444) OR EGH (4167473571).</p>	

Breast care

- Breastfeeding your baby frequently (8-12 times) or on cue will help to maintain your breast milk supply.
- Correct positioning and latch-on are most important for preventing sore nipples.
- Break suction before taking baby off the breast
- Offer the least sore breast first

Non-breastfeeding

- Wear a well-fitting bra for support.
- Use ice packs to relieve discomfort from engorgement.
- Avoid handling your breasts and do not express milk.
- Non-breastfeeding engorgement will subside in 24-36 hours.

Uterine Changes

- After-pains, or cramping, are normal. This cramping means that the uterus is contracting to return to its non-pregnant size. The uterus takes five (5) to six (6) weeks to return to its non-pregnant size.

Vaginal Bleeding

- Usually lasts about ten (10) days to six (6) weeks. The colour will change from bright red to brownish to tan and will become less in amount and finally disappear.
- Your period will resume in approximately six to eight weeks, unless breastfeeding.

Perineal Care

You may or may not have stitches from a tear or an episiotomy. Listed below are steps you can take to prevent infection and to increase your comfort after a vaginal delivery.

- Cleanse the perineal area from front to back each time you urinate or have a bowel movement. You may continue to use the peri-bottle that you used in the hospital.
- Apply a clean peri-pad or sanitary napkin each time you use the bathroom.
- Enjoy a warm sitz bath - sitting in a tub of warm water for 15 minutes, 2-3 times per day
- Stitches will dissolve in one to three weeks.

Pain Relief

- Use a mild analgesic (like Tylenol /Acetaminophen or Advil/Ibuprofen) for breast engorgement, uterine cramping, Caesarean incision and perineal discomfort.

Diet & Nutrition

- Continue taking your prenatal vitamin until your postpartum visit with your doctor/midwife.
- It is important to eat a well-balanced diet and drink plenty of fluids, unless advised against by your doctor/midwife.

Incisional Care Post C-Section

- Wear cotton underwear and loose clothing for comfort.
- If you had **primapore® and Opsite®** dressing on:
 - Your nurse will remove it before you go home.
 - You will be able to shower when the incision is left to air dry. Allow the water and soap to wash over the incision. Gently pat the incision dry.
- If you have the **Opsite Post-Op Visible® or “honeycomb”** dressing on:
 - You can take a shower with it on. Make sure to pat it dry after your shower.
 - Please remove the “honeycomb” dressing and any steri-strips underneath it, seven (7) days after your c- section. Do not leave it on longer than this time, as it may increase the risk of infection.
- If you have the **PICO®** dressing on, your nurse will provide you with the *Patient Information for PICO*.
- If staples were used, you are to make arrangements with your family physician to have them removed. Stitches dissolve on their own.
- The skin from the incision will heal in several days. The full depth of the incision takes about 6-8 weeks to heal completely.

Emotional Changes

- The transition to motherhood can trigger a mixture of emotions, from excitement and joy to stress and anxiety. Many new mothers experience postpartum blues after childbirth, which may include fatigue, sleep disturbances, stress, and even anxiety and mood swings. These emotions usually subside in about two (2) weeks as mother and baby adjust to each other.
- Prolonged sadness may indicate postpartum depression. Call your doctor if you or your family are concerned about your mental health.

Activity

- Do not do exercise for two (2) weeks. Check with your doctor for limitations on activities if you have had a c-section.
- Avoid sexual activity, douching or tampons until your six (6) weeks postpartum visit with your doctor/midwife.

Birth Control

- Contraception advisable as soon as you resume sexual intercourse. Condoms are safe and easy to use. Birth control methods will be discussed further at your postpartum visit with your doctor/midwife.

Caring for Your Baby

Breastfeeding

- Review the *Getting Breastfeeding Started* booklet, in your discharge package.
- Feed your baby when you notice early signs of hunger such as sucking sounds or motions, bringing hands to her mouth or turning head toward the person holding him/her.

Formula Feeding

- If you choose to feed your baby formula, use store-bought infant formula.
- Always follow the instructions on the label when making formula.
- Ready-to-feed or liquid concentrate formula is sterile and have less risk for bacteria growth compared to powdered formula
- Always hold your baby in the upright position while feeding. Discard any milk your baby does not finish.
- For more information on formula, go to Best Start- Infant Formula: What you need to know at feeding <https://resources.beststart.org/wp-content/uploads/2018/12/B19-E.pdf>.

Vitamin D: It is recommended that you give your baby 400 IU Vitamin D daily.

Diaper Care-

- Record your baby's wet and soiled diapers until your follow-up appointment.
- See the *Getting Breastfeeding Started* booklet for how many wet/soiled diapers to expect.
- A good time to check the diaper is before and after feedings. It makes the baby alert for feedings and ensures that your baby is comfortable

Bathing

- It is recommended to wait 24 hours before bathing your baby. Waiting to bath improves newborn's temperature, blood sugar control, helps to improve mother-baby bonding, and breastfeeding success.
- Babies do not need to be bathed every day. Bathing too often can cause your baby's skin to dry out
- Bathe your baby every two to three days or as needed.

Sleep Safety: It is recommended that you place your baby on his/her back when sleeping. The amount of sleep your baby requires will vary. For more information, visit <http://www.sidscanada.org>.

Appointment/Instructions

If you or/and your baby are going home **earlier than 24 hours**, the nursing staff will plan and discuss a **MANDATORY** postnatal follow-up care with you. You may be informed to return with your baby to the Mother Baby Clinic/UPAC or to follow-up with your primary care provider.

Your **MANDATORY Mother Baby Clinic/UPAC appointment** is booked for:

Date _____

Time: _____

Location: _____

CONFIRMATION OF MOTHER'S DISCHARGE INSTRUCTIONS

The "Postpartum Discharge" sheet has been discussed with me and I understand these instructions. I have also received a copy of these instructions and understand when my follow up appointment is with my physician/Mother Baby/Women's Clinic.

Signature: _____ Date: _____

Nurse's Signature: _____ Time: _____

You may also find valuable information regarding care instruction on our website at
www.williamoslerhs.ca/havingyourbaby

Additional resources on Feeding

- Breastfeeding: La Leche League: <https://www.lllc.ca/>
- Infant Formula - What You need to Know: <https://resources.beststart.org/?preadd=action&key=B19-E>
- Nutrition for Healthy Term Infants: Recommendations from Birth to Six months (includes vitamin D recommendations)
<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/infant-feeding.html>

Finding a Doctor

- Finding a family doctor – Check the Osler page at....., or call Health Care Connect: 1-800-445-1822
<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

General Information

- Caring for Kids: Information for parents from Canada's paediatricians:
https://www.caringforkids.cps.ca/handouts/your_childs_development
- Best Start Resource Centre: http://en.beststart.org/for_parents/do-you-have-baby-0-12-months
- Local Public Health Units:
 - Toronto-<https://www.toronto.ca/community-people/health-wellness-care/>
 - Peel-<https://www.peelregion.ca/health/>

Vaccination Information

- A Parent's Guide to Vaccination: <https://www.canada.ca/en/public-health/services/publications/healthy-living/parent-guide-vaccination.html>