

# OC Midwifery's

QUICK GUIDE TO

## { Postpartum }





## HOORAY YOUR BABY IS HERE! CONGRATULATIONS!

These instructions are to make ease in your postpartum journey.

First things first... rest is so important! We recommend **5 days in bed, 5 days around the bedroom and 5 days around the house**. The easier you take it, the faster you will heal. Remember you have a wound that is the size of your placenta, and that needs to heal.

If you have older kids, remember you shouldn't lift anything heavier than your baby for the first 2 weeks.

## FOR MAMA

- If you pass a clot bigger than the size of your fist and you are still heavily bleeding, get back to bed, nurse your baby and call or text your midwife.
- If you saturate through your pad and your diaper (not just dribbling over the side) in more than 30 minutes, call or text your midwife. Remember the cold pads are already saturated in witch hazel and don't collect much blood.
- If you didn't need use the restroom while the midwives were there following your birth, make sure that you go to the bathroom with someone who is not holding the baby. While uncommon, it is not abnormal for a mama to pass out the first time using the bathroom. We recommend eating and drinking before getting up the first time, and then kicking your feet off the bed, taking a few deep breaths, sitting for a few moments and making sure you don't feel light headed before you rise. **Partners** - If mama passes out, hold her and talk lovingly to her reminding her that she is safe. It is not uncommon if she shakes or makes weird noise. It usually lasts 15-30 seconds and we recommend bringing them back to bed and hydrating her again before trying the bathroom again. Please let your midwife know if this happens. Side note: while scary, we see that this completely resets mom and she tends to have quite a bit of energy after passing out.
- Remind your partner to get you a cold pad from the freezer, there should be diapers behind your toilet, and you should be using the periwash herbs in the peribottle everytime that you use the restroom. You will pat dry after using the toilet.
- If you are taking Advil, remember you can take one large pill (that is in your birth kit) every 6 hours. If you run out and feel that you still need them for cramping or soreness you can take up to 800 mgs every 6 hours.
- If you have stitches, they will dissolve on their own in up to 6 weeks.



## FOR BABY

Keep baby skin to skin for the next few days.

Remember your baby only know you... so if they are not skin to skin they are in a state of stress. They are learning how to breath, regulate their temperature, heart rate and learning how to feed.

For the first 24 hours, the midwives recommend someone awake with the baby. Take turns with napping. We are watching for signs that baby isn't doing well. If you notice any blueness around the lips, projectile vomit or a fever, please let your midwife know.

- Don't let your baby go longer then 3 hours without nursing, try to nurse every 2 hours during the day.
- We expect one wet and one poopy diaper in the first 24 hours.
- Their cords can get stinky, if it does take a q-tip with hydrogen peroxide and clean the base of it.
- In-direct sunlight is good for baby. Aim for at least 15 minutes a day.
- If you are using **oral Vitamin K**, the dose we recommend is 1 drop every day for the first 7 days and then 1 drop every week for 3 weeks.





Remember the next 2 weeks are the most beautiful bonding time as a family. Limit visitors, remember if people are coming over, it is to support you, have them clean for your, cook for you and do your laundry.

Be sure that no one is sick coming over and everyone washes their hands.

Your midwife will check in on your daily via text. If you have any questions... remember we are here for you and to reach out.

Enjoy

