



**Greenbriar**  
**OB/GYN**  
*Exceptional care for  
all stages of womanhood*

### *Gynecology*

- Annual pelvic & breast exams
- Pap smears
- Contraception
- Solutions for pelvic pain
- Treatment of abnormal bleeding & PMS
- Treatment of endometriosis, ovarian cysts & fibroids
- Treatment of vaginal infections
- STD testing & treatment
- Laparoscopic surgery
- Major surgery, including hysterectomy & treatment of pelvic relaxation
- Office endometrial ablation

### *Obstetrics*

- Complete maternity care & delivery
- In-office sonograms
- Fetal monitoring
- High-risk pregnancies
- Epidural anesthesia

### *Infertility*

- Evaluation & workup
- Ultrasound
- Medication

### *Menopausal Medicine*

- Menopause counseling
- Hormone therapy
- Osteoporosis screening

## POSTPARTUM FACT SHEET

### GENERAL INFORMATION

-Use sanitary pads for vaginal discharge. This discharge may persist for up to four weeks after delivery.

-No douching, tampons, intercourse, tub-bathing, swimming, or hot tubs until approved by physician.

-Return of normal periods will occur 4-12 weeks after delivery if not breast feeding.

### VAGINAL DISCHARGE (LOCHIA)

-A bloody discharge will occur, on and off, for 3-4 weeks postpartum. This bleeding may range from red to watery-pink in color. Clots may occasionally be passed. It is normal to pass clots the size of eggs 24-36 hours after delivery. This may continue if your activity level is high. Bleeding can sometimes be as heavy as a period. If bleeding is excessive, get off your feet and rest in bed. Massage the abdomen in a circular motion at the area of the top of the uterus. If breast feeding, nurse infant immediately (this helps your uterus contract to stop the bleeding).

### STITCHES (EPISIOTOMY)

-The stitches will dissolve in approximately three to six weeks and are not removed.

-The area can remain sore and tender even longer. For localized discomfort, use Tucks or Dermoplast spray, as in the hospital. Ice packs may be used as needed.

-Use a sitz bath three to four times a day for up to two weeks. In between baths, keep the area clean and dry.

## BREASTS

- Wear a snug, well supportive, bra day and night for the first few weeks.

## BREAST-FEEDING MOTHERS

- If breasts become swollen and painful due to engorgement, take a very warm shower, after feeding baby, and hand-express excess milk. You can use a hand pump, too. Decreasing fluid intake and restricting salt in your diet may also help. If hardness and pain persist, please call our office.
- If nipples are sore, use Eucerin cream and expose to air. Avoid cream needing to be washed off before feeding. Apply ice packs if painful after nursing.
- Your baby requires at least eight to nine feedings in 24 hours. Each infant will develop an individual feeding schedule, generally every two to three hours. Most infants require at least two feedings during the night. Start nursing on the fuller breast.

## BOTTLE-FEEDING MOTHERS

- If breasts become swollen and painful, apply ice packs to area several times a day for 20-30 minute intervals. Avoid stimulation to the breasts and nipples. Avoid hot showers. Wear bra as tight as possible.
- If hardness and pain persist, call our office for further instructions.

## DIET

Drink sufficient fluids (8-10 glasses/day) and eat a well-balanced diet to maintain your energy level. Nursing mothers should follow a lactating meal guide. All new mothers should continue their prenatal vitamins.

## BOWELS

A movement at least every few days is desirable. Stools should not be hard. If a stool softener is required, you may use Colace (docusate sodium) twice a day, available over-the-counter. Dulcolax suppositories or tablets may be used as an occasional laxative.

## ACTIVITY

- If you have had a vaginal delivery, you may gradually return to normal activities over a 2-3 week period.
- If you have had a Cesarean section, you may gradually return to normal activities over a 4-6 week period.
  - Limit climbing stairs, as much as possible, for the first few days at home.
  - Lift nothing heavier than the baby for two weeks. Avoid heavy lifting for four weeks.
  - You may take short walks as desired.
  - Driving is permitted one to two weeks following delivery.
  - Overexertion may result in the return of bright red vaginal bleeding. If the bleeding does not stop after rest, please notify the office.
  - Any formal exercise should be approved by the physician, but can generally be resumed two weeks following vaginal delivery.

## POSTPARTUM DEPRESSION (BLUES)

- The "blues" are a normal occurrence during the first two weeks following delivery. Symptoms may include lack of appetite, disinterest in appearance, fatigue, difficulty concentrating, and tearfulness.
  - Postpartum depression is due to hormones, fatigue, and lifestyle changes. It will usually resolve itself.
  - Discuss with the doctor if you feel you have severe blues or depression of longer duration than two weeks.
  - Abington Memorial Hospital has a valuable support network. For more information, call the Mental Health Services for Women at (215) 481-5450.

## PAIN

- For perineal pain, use Tucks, sprays, ice packs and sitz baths, as directed.
- Take medications as prescribed.
- Contractions can occur during breastfeeding; this is normal.

## SEX

- You should wait until seen for your postpartum visit prior to resuming intercourse.
- Pregnancy can occur, even if periods have not yet returned. Please discuss birth control with the doctor.

## NOTIFY THE OFFICE IF:

- You have a fever greater than 100.4F or chills.
- There is an increase in vaginal bleeding and/or passage of large clots.
- You have painful or burning urination, or urinary frequency.
- There is persistent pain and tenderness of the episiotomy.
- You develop pain or swelling in the legs.
- There is hardness, redness, extreme tenderness, or discharge with odor from your abdominal incision, following Cesarean section.

Please feel free to call our office with any questions. **Remember to call the office shortly after arriving home to schedule your four to six week postpartum visit.**

**(215) 481-9495**