



After Giving Birth Vaginally

Following childbirth, you may experience significant fatigue as your body undergoes recovery, a process that may take some time. Hospital stays typically range from 1 to 4 days, although in certain instances, same-day discharge may be feasible.

Immediately Post-Delivery:

Healthcare professionals will monitor your temperature and blood pressure until they stabilize, while ensuring your comfort during rest. Postpartum discomfort, often characterized by uterine contractions, will be managed with sanitary pads to absorb uterine lining discharge. Regular checks will be conducted to ensure appropriate bleeding levels and uterine firmness. If anesthesia was administered, close observation will continue until sensation and mobility are regained, with perineal pain alleviated through the application of ice packs.

Newborn Care:

During your hospital or birth center stay, you'll receive guidance on holding and feeding your baby, alongside instructions for overall newborn care, including hygiene and feeding practices.

Preparation for Discharge:

You may be eager to return home swiftly. Prior to discharge, a healthcare provider will assess your readiness to care for yourself and your baby, considering factors such as:

- Independent mobility and bathroom usage
- Ability to consume solid food and medication as necessary
- Absence of signs of infection or other health issues, including fever
- Effective pain management
- Moderate vaginal bleeding
- Emotional stability and capacity to care for your newborn

Before leaving, you'll receive written instructions for post-vaginal delivery self-care. It's crucial to adhere to these guidelines, and if you have any concerns, address them promptly.

If You Have Stitches:

Stitches near the vaginal area may have been required, whether for an episiotomy incision closure or skin tear repair. These stitches typically dissolve within weeks, during which it's important to maintain cleanliness and mitigate discomfort and infection risk through:

- Gentle front-to-back wiping after urination or bowel movements
- Warm water cleansing or sitz baths followed by patting dry or cool air drying
- Avoidance of soap or other solutions, except water
- Showering unless otherwise advised
- Regular sanitary pad changes
- Application of cold or heat packs as directed
- Opting for firm seating to reduce stitch tension

Postnatal Follow-Up:

- Schedule a postnatal check up approximately 6 weeks post-delivery to assess uterine and vaginal health, contacting our office, promptly if any issues arise.

When to Seek Medical Attention:

Contact our office immediately if you experience

- Fever above 100.4°F (38.0°C)
- Heavy bleeding requiring frequent sanitary pad changes or large blood clots
- Worsening vaginal pain unresponsive to medication
- Excessive swelling, discharge, or pain from vaginal tear or episiotomy
- Breast discomfort accompanied by redness, lumps, or flu-like symptoms
- Nipple issues such as cracks, blisters, or bleeding
- Painful urination or persistent nausea, vomiting, dizziness, or fainting
- Extreme emotional distress or concerns regarding baby care
- Persistent abdominal pain, foul-smelling vaginal discharge, or prolonged absence of bowel movements
- Inability to control urination, redness or pain in the lower leg, or chest pain