



Dear Patient:

It is with pleasure that we welcome you to Capital Women's Care. To help your visit go as smoothly as possible, please assist us by bringing the following with you:

- Please complete all documents in this packet.
- Current insurance card(s) and Drivers License or Photo ID must be presented upon arrival.
- Insurance referral form, if necessary.
- Co-payments are collected upon arrival. We accept cash, check, American Express, Visa, MasterCard, and Discover.
- Please arrive 20 minutes before your scheduled appointment time to complete the necessary registration information.
- **Missed Appointment Policy:** We respectfully request that you cancel your scheduled appointment by phone 24 hours in advance. Your cooperation and consideration is appreciated.

Important Reminders

- Capital Women's Care is located in Suite 459 (4th floor) 1850 Town Center Parkway, Reston, VA 20190..
- We participate with many insurance companies. If your insurance company requires a referral it is your responsibility to obtain the referral. The referral must be presented at the time of your appointment. This office cannot provide treatment if the required referral has not been obtained. If you do not have your insurance referral form at the time of your appointment we reserve the right to cancel and reschedule your appointment or you may pay in full at the time of service.
- Please notify our office if there are any changes to the following information: Home Address, Telephone number(s) or Insurance information.
- The charge for completion of forms is \$10.00. Forms will be completed with 7-10 business days.
- Release of Medical Records: We will ask you to complete a signed authorization for the release of medical records. Please allow five business days for the processing of medical records. Please contact the office for more information about the cost of copying medical records.
- **Late Arrivals:** If you are 15 minutes late for your appointment, we will do our best to accommodate you but it may be necessary to reschedule your appointment.

Sincerely,

The Staff of Capital Women's Care

1850 Town Center Parkway, Suite 459, Reston, VA 20190

P: 571.500.CARE F: 571.500.1009 W: cwcreston.com

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