

## **Congratulations on your delivery!!!**

As you go home from the hospital **after a vaginal delivery**, you may feel overwhelmed with the amount of information you have been given. Read this letter written by me to simplify the process. Print it out and hang it up. This will keep you on track.

The amount of bleeding you experience can vary greatly, but you should expect to have bleeding for 2-6 weeks after delivery. It typically starts like a very heavy period and should in general decrease gradually over time. You may experience passage of blood clots which is usually normal as long as the bleeding decreases afterwards.

Ibuprofen from 400-600 mg (advil/motrin/generic) 3-4 times daily can be helpful for pain and cramps. You may also take your prescription pain medication with this if you desire.

You should continue to care for any tears or stitches you received after delivery as you did in the hospital. You may use topical anesthetic ointment if you received this in the hospital for pain. You may use dermaplast spray for pain. You should use a squirt bottle with warm water to rinse off your stitches regularly after going to the restroom. You may use a sitz bath or soak the area in a very clean tub with a few inches of warm water 3-4 times a day if desired for skin irritation.

You should continue a pre-natal vitamin daily. I recommend an iron supplement 2x per day for 4 months post partum. You will find one which is very well tolerated on FullScript (link from our home page at [www.williamgrovesmd.com](http://www.williamgrovesmd.com)). This is important to build back up your body's iron stores that were depleted during pregnancy and delivery.

I recommend you use an over the counter stool softener such as surfak or colace for 4-6 weeks post partum. You may stop before this time if bowel movements are completely comfortable. This is especially helpful if you had any stitches.

Breast feeding is encouraged unless specifically instructed otherwise. The medical literature clearly shows this is beneficial to your new baby even if you are only able to do so for a short period of time. Reference the hospital discharge orders for the LCMH lactation consultant contact information. This is a very helpful resource made available to you.

It is very common to have some emotional ups and downs during the post partum period. This is especially common during the first 2 weeks. This will generally improve over time with an improved routine and sleep pattern. You can always call the office if your symptoms seem to be excessive or worsening.

You may drive a few days after you are home if you are feeling energetic, can move to hit the brakes and are not taking any prescription pain medicine. If you are not sure about driving, wait until you are 100% ready. For some patients, this may be a few weeks.

I recommend you wait 6 weeks before resuming intercourse.

**Make sure you follow up with me about 5 weeks from the date of your delivery unless instructed otherwise.** Just call my office to schedule if not done before you leave the hospital.

### **Hospital discharge shopping/checklist:**

- Ibuprofen (as above)
- Stool softener – as above
- Dermaplast spray -if needed
- Prenatal vitamins – continue
- Iron supplement – order from FullScript or other
- Prescription pain medication – pick up if needed

See you soon!

Dr. Groves