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## **POST PARTUM INSTRUCTIONS**

### Vaginal Delivery

1. You may have vaginal bleeding (small amount) for three (3) to four (4) weeks after delivery.
2. Do not use tampons until four (4) to six (6) weeks after delivery.
3. **NO** sexual intercourse for four (4) to six (6) weeks after delivery.
4. You may take a shower immediately.
5. Warm sitz baths twice a day for one (1) to two (2) weeks.
6. Continue to take prenatal vitamins and iron tablets for two (2) months after delivery. If you are nursing, continue the vitamins for two (2) months after you stop nursing.
7. You may go up and down stairs.
8. You may exercise three (3) to four (4) weeks after delivery.
9. You may drive a car one (1) to two (2) weeks after delivery.
10. You may take trips out of town after two (2) to three (3) weeks.
11. You may swim in a pool after three (3) or four (4) weeks, in a lake after four (4) weeks.
12. Wear a support bra twenty-four (24) hours a day for two (2) weeks after delivery.
13. If anything is needed for bowels use METAMUCIL, FIBERCON, MILK OF MAGNESIA.
14. If you experience a temperature over 100.5°, abdominal pain or excessive bleeding, call your doctor.
15. For head colds, use DIMETAPP, ACTIFED, SUDAFED, CO-TYLENOL or TYLENOL.

### **In addition for C-Section patients:**

1. No heavy lifting for six (6) weeks.
2. No driving for three (3) to four (4) weeks until incision is completely healed.
3. Mild exercise at four (4) weeks, sit-ups after six (6) weeks.