



# RISING SUN MIDWIFERY

## Mom Postpartum Instructions

**Sleep:** Sleep when your baby sleeps. Take naps during the day. Greet visitors from your bed and limit how long they can stay. Ask guests to bring you food or help with chores. You should be **IN BED for 3-5 DAYS** and resting on a couch or in bed for 2 WEEKS. Avoid any housework. This is a precious time, enjoy every moment of your only job being to bond, love and care for your new baby and allow your body to recover.

**Uterus:** Your uterus needs to feel like a firm fruit, decreasing in size as time passes after the birth. At first it will feel like a large grapefruit, the top about level with your belly button. You should rub it to continue it's reduction frequently in the first few hours after birth and continuing for the first couple days with less frequency.

**Bleeding:** Postpartum bleeding should decrease as time passes. Filling more than one pad an hour is too much blood and you should call the midwife right away. If your bleeding increases in the first few hours after the midwives leave, this is a concern. If your bleeding increases a few days after birth (for example from a light period to a heavy period), then you're doing too much and need to rest more.

**Perineum:** Your bottom will be sore from stretching, even more so if you had a tear or stitches. Keep your legs together by relaxing on your bed with your legs elevated on pillows. A pad frozen with witch hazel will feel cooling and help reduce swelling; honey on a pad will aid healing and help prevent infection. A sitz bath or shallow bath in warm water with sitz herbs can help your healing. Shower only for two weeks (no baths) if you had stitches.

**Peeing and Pooping:** Use your peri bottle with warm water or warm sitz bath to squirt your perineum while you pee. It will help prevent stinging and wash the area. Toilet paper can be used to pat dry. Drinking lots of water and eating foods high in fiber will help keep stools loose. You can drink prune juice or use other gentle stool softeners, or protect your perineum with your hand during the first bowel movement if you're concerned. Frozen witch hazel pads or shredded potato poultice will help decrease hemorrhoids.

**Breastfeeding:** We will be there to help you latch on the first couple times, but learning this new skill can take time for both you and baby. Nursing mothers need to eat more calories than pregnant women, and drink more water. Breastfeeding should not hurt, but sometimes it is hard to learn. Get more help with a midwife or lactation consultant.

- \* Baby should eat every 2-3 hours. If baby sleeps for 4 hours, wake him/her to eat and prevent a "too sleepy to eat" cycle.
- \* **Belly to belly** for the best latch. Bring baby to breast, not the other way around.
- \* Baby needs to be positioned **nose to nipple** to open wide and tilt head up for the best latch.
- \* If the latch hurts, break the seal before pulling baby off. Then reposition and try again.
- \* Lancing or nipple shields can be used after breastfeeding to help heal sore nipples.
- \* Colostrum is made for the first three days. It is nutrient and immunity dense – give baby as much as possible.
- \* Milk usually comes in on the third or fourth day. Breasts can feel heavy, full and tender. Take good care of yourself this day, it can also bring unexplained tears.

### **Call the midwife immediately:**

**Mom has a temperature over 100, abdominal tenderness or foul smelling discharge**

**Mom has one sided breast tenderness, swelling or pain**

**Mom's bleeding fills more than a pad per hour**

**Mom feels like she is "loosing it" or has urges to hurt herself or the baby**



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## Baby Postpartum Instructions

**What to look for:** Baby should look pink; have clear-sounding breathing; have a strong cry; is able to be soothed and content.

**Diapers/Pees and Poos:** Your baby will poop at least once in the first 24 hours. You can put olive oil on the baby's bottom when diapering to help prevent the tarry meconium from sticking. The poo will transition to a green color then to yellow when your milk comes in. Normal breastfed baby poo is very watery and often has yellowish cottage cheese/seedy curds in it. The baby should urinate at least once the first day, twice the second day, three times the third day and so on, up to 8 or more times a day. A small amount of blood in the diaper is a normal hormonal change in the first day.

**Color changes:** The baby should be pink. He/she may turn red when crying or too hot. Blue hands and feet, especially when nursing is normal, make sure you are not putting too much weight on an arm or leg when nursing, but know that the baby's vascular system takes a few days to strengthen and function to full capacity and some blueness is normal.

**Bruising:** If you notice bruising on the baby's body or blood in the stool call the Midwife.

**Activity :** Most newborns sleep 16-20 hours of the day, but your baby should have periods of alertness where he or she is making eye contact/face contact and paying attention to your voice. If your baby doesn't have any alert periods or seems to not have a normal response, let the Midwife know.

**Spit-up:** Some babies have a frothy mucous spit up once or twice in the first 24 hours after birth, this is normal. Some spit up as they learn to nurse is also normal. If your baby seems to be spitting up abnormally, let your Midwife know. Expect odd noises as the baby learns to coordinate nursing: breathe, suck, swallow. And know that breastmilk is the only liquid known to man that is "safe to inhale." Have patience and a sense of humor as your baby masters the art of being a newborn.

**Umbilical Cord:** Take care when diapering that the cord stump is outside of the diaper. Baby's umbilical cord stump should heal, dry up, and fall off within the first two weeks after birth. Normally it will look like a scab – if there is any redness, discharge, swelling or smell, this may indicate infection and you should call the midwife.

**Jaundice:** Jaundice is a yellowing of the skin that is common, but needs to be resolved. Exposure to natural sunlight or bili-lights that are available through the hospital help reduce jaundice. The bilirubin that causes jaundice is passed out of the body through the pooping and peeing, so nursing more and dirtying diapers helps reduce jaundice.

**Warmth:** Any room a newborn is in should be kept to 70 degrees F, and the baby should be appropriately clothed. Baby's temperature can be checked from the middle of the armpit and should not exceed 99 degrees F.

### **Call the midwife immediately:**

**Baby has a temp over 99, blankets have been removed and temp rechecked**

**Baby is blue around the mouth or having difficulty breathing**

**Baby is extremely yellow, hard to wake, and/or refuses to nurse**