

CARE AFTER DELIVERY

AFTER VAGINAL DELIVERY

If you had a vaginal tear with stitches, keep the area clean with a squirt bottle filled with warm water.

Avoid intercourse for 6 weeks

Avoid tampons for 6 weeks.

Bleeding and discharge on and off for 6 weeks is normal.

Call the office if you have a fever greater than 100.5 or pass clots larger than the size of a grape.

AFTER CESAREAN SECTION

Avoid lifting anything heavier than the baby and car seat for 6 weeks.

No driving for 2 weeks.

No intercourse or tampons for 6 weeks.

Stairs are fine but take them slowly.

You can walk leisurely for exercise but avoid strenuous exercise until 6 weeks postpartum.

Clean your incision with soap and water and pat dry.

Call the office with fever over 100.5, abdominal pain that is not controlled with pain meds, drainage from the incision or concerns.