

Uterus	In 5-6 Weeks – <ul style="list-style-type: none"> Your Uterus will return to its normal size (size of a closed fist) 	1 st 2-3 days – <ul style="list-style-type: none"> May contract and relax (“after birth pains) 	<ul style="list-style-type: none"> Cramping can become more noticeable with each pregnancy 	
Vaginal discharge	During 1 st 3 days – <ul style="list-style-type: none"> You will have bloody, mucous discharge; it will gradually turn more watery and pink in color until about the 10th day. It will then occur in smaller amounts and become colorless 	3 Weeks After – <ul style="list-style-type: none"> May experience brownish period that may last another 3-6 weeks. 	<ul style="list-style-type: none"> Discharge may increase with activity, slow down a little if this occurs 	If discharge ever has an odor, call the office because you might have an infection
Episiotomy /Perineum	Within a couple of weeks- <ul style="list-style-type: none"> Your episiotomy or laceration will heal The stitches dissolve and do not have to be removed 	Tenderness/Itching – <ul style="list-style-type: none"> You will notice tenderness around the perineum area Itching is common as the episiotomy is healing 	Discomfort – <ul style="list-style-type: none"> A heating pad can be placed on the area Continue to use either sitz baths and/or analgesic sprays Sitz bath at home by showering 1st then sitting in a tub of warm, clean water. Do not add anything to water 	
Bladder	2-5 days after delivery – <ul style="list-style-type: none"> You may have to urinate more frequently. Your body is getting rid of excess fluids 	Urinary incontinence- <ul style="list-style-type: none"> Its not uncommon to have incontinence – no control over bladder- for several days after delivery This may increase when you laugh, sneeze, or cough 	One week after delivery – <ul style="list-style-type: none"> If you still have frequency of urination or Burning on urination <p>Contact the Office</p>	
Bowels/Hemorrhoids	After Delivery – <ul style="list-style-type: none"> Constipation may occur due to the relaxation of overstretched abdominal muscles 	To prevent constipation – <ul style="list-style-type: none"> Drink 6-8 glasses of fluids per day, especially water Walk Frequently Eat a diet high in fiber and fresh fruits 	Meds for Constipation – <ul style="list-style-type: none"> Stool softeners can be purchased over the counter, try: Surfak, Colace or Metamucil If one of those don’t work, you can try Milk of Magnesia If Hemorrhoids are bothersome, try “Tucks” vaginal wipes and/or a cold pack 	Call the office before using a suppository or enema for constipation. Call the office if hemorrhoids continue to bother you
Gas	2-3 days after Cesarean – <ul style="list-style-type: none"> Intestines begin functioning again. Painful gas can occur 	To help, Aviod – <ul style="list-style-type: none"> Smoking Drinking through a straw Apple juice Iced beverages Chewing gum/sucking on candies 	To help also – <ul style="list-style-type: none"> Lie on your left side, pull knees up and massage your abdomen left to right Move around in bed often and walk whenever you can 	

Skin Disturbances	Few days after delivery – <ul style="list-style-type: none"> • You may have bouts of excessive sweating, due to hormonal changes and your body getting rid of fluids 	In 7-10 days – <ul style="list-style-type: none"> • Broken blood vessels in the eyes which occur during pushing phase of labor will usually go away 	In 7-10 days – <ul style="list-style-type: none"> • Skin changes such as liver spots, brown spots, edema, red spots will generally fade • The line down the abdomen will fade and lighten as well 	
Breasts	Support – <ul style="list-style-type: none"> • Wear a well fitting, supportive bra at all times (even at night) 	Breastfeeding – <ul style="list-style-type: none"> • If breast become engorged (hard, full) take a hot shower and allow water to flow over breasts • Do Not Massage breasts. It will stimulate milk production make it worse 	Not Breast Feeding – <ul style="list-style-type: none"> • If breast become engorged – decrease you fluid intake. • Apply Ice Packs to the breasts. • Can take a mild analgesic like Tylenol to help ease the discomfort. 	
Incision – Cesarean Delivery	After you leave hospital- <ul style="list-style-type: none"> • No longer necessary to use a plastic cover over incision while showering • A dressing is not necessary unless clothing rubs or irritates the area • Keep incision clean and dry as possible 	If you have Steri-Strips <ul style="list-style-type: none"> • You may remove them as they start coming off • If you notice redness beneath the strip, Call the office because the skin is becoming irritated. 		