

Associates for Women's Health

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Postpartum Instructions

1. Upon your release from the hospital, please call our office to schedule an appointment for a postpartum examination. We would like to see you approximately six weeks after your delivery.
2. For the first 7 to 10 days, it is best to remain at home and only perform light household duties.
3. After 10 days, you may drive a car, go to visit friends and family, and take short trips to the store.
4. We would prefer that you wait until you have seen us for your postpartum exam before you begin any vigorous exercise program.
5. You may use the stairs, but it is best to use them as infrequently as possible for the first two weeks after you deliver. Avoid heavy lifting.
6. Do not put anything in your vagina until your six-week check-up. This means no douching, tampons, or intercourse until you are examined at your six-week appointment.
7. You may shower until your vaginal bleeding stops, then you may take tub baths if you would like to. Sitz baths are okay at all times. Your bleeding is likely to continue for 3-4 weeks after delivery.
8. Please call the office if you have any heavy (soaking more than 1 pad per hour) vaginal bleeding, fever of 100.5 or above, severe pelvic pain, or breast problems.
9. Continue taking your prenatal vitamins and iron (if you were given iron during your pregnancy) for at least two months after delivery.
10. You will likely be released to return to work after your six-week check-up. If you desire to return to work prior to your examination, please contact the office so we can evaluate if this is appropriate for your health.

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