

Dear \_\_\_\_\_:

Your appointment is: \_\_\_\_\_

Wash your hair and take a shower or tub bath when desired.

Use warm water to clean the suture area for two (2) weeks. You may use Betadine perineal wash if you so desire and are not allergic to iodine.

No intercourse until we have checked you. We will discuss contraception on your scheduled appointment. Resume other normal activities as you feel like doing.

To prevent constipation you may use fruits or any stool softener such as Colace whether breast or bottle-feeding.

Wear a support bra night and day if you are nursing your baby.

It is not unusual to have breast engorgement and/or leakage. Wear a tight bra or binder and apply ice packs to your breasts if you are not breast-feeding. Take Tylenol for discomfort. A sanitary pad cut in half and inserted in your bra cups will absorb the leakage.

Take your vitamins and iron as long as you are nursing the baby. If not nursing, take your vitamins and iron for six (6) weeks after your delivery.

You may drive a vehicle when your baby is two (2) weeks old.

You may use Tylenol or Ibuprofen (Motrin) for any mild pain-even if breast-feeding.

If you have any questions, please call us!