



VAGINAL DELIVERY INSTRUCTIONS

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- 1) **DISCHARGE MEDICATIONS:** _____

- 2) **ACTIVITY INSTRUCTIONS:**
 - a) NO LIFTING GREATER THAN BABY'S WEIGHT FOR 2 WEEKS
 - b) PELVIC REST (NO SEX, TAMPONS OR DOUCHING)
 - c) NO EXERCISING OTHER THAN NORMAL PACE WALKING FOR 2 WEEKS
 - d) MAY DRIVE AS SOON AS DISCHARGED
 - e) SWIMMING (POOL) AND BATHING IS OKAY
 - f) EPISIOTOMY OR LACERATION: DO SITZ BATHS TWICE A DAY AND BLOW DRY VULVA FOR 7 DAYS AFTER DELIVERY
- 3) **WARNING SIGNS:**
 - a) HEAVY BRIGHT RED BLEEDING
 - b) FEVER GREATER THAN 100.4 DEGREES
 - c) EPISIOTOMY OR SUTURES BECOMING RED AND HOT
 - d) EPISIOTOMY DRAINING AND/OR SEPARATING
 - e) GREEN OR YELLOW VAGINAL DISCHARGE
 - f) VAGINAL DISCHARGE WITH FOUL ODOR
 - g) NAUSEA & VOMITING OR INCREASED ABDOMINAL PAIN
 - h) BREAST(S) BECOME BRIGHT RED, FEVERISH AND VERY TENDER

IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME
- 4) **EXPECTATIONS:**
 - a) BLEEDING FOR UP TO 3-4 WEEKS POST-OP
 - b) CLEAR TO WHITE DISCHARGE FOR 2-3 WEEKS AFTER BLEEDING
 - c) CONSTIPATION OR CHANGE IN BOWEL HABITS
 - d) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
 - e) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
 - f) NUMBNESS AROUND VULVAR SUTURES IF PRESENT
 - g) BRUISING AND/OR SWELLING AT OR AROUND INCISION
 - h) IF BREASTFEEDING EXPECT UTERINE CRAMPING WHILE NURSING
 - i) CALL FOR ANY NURSING PROBLEMS
 - j) CALL FOR ANY PROBLEMS WITH BREASTS
 - k) IF NOT BREASTFEEDING USE ICE PACKS, FROZEN CABBAGE LEAVES & WEAR SNUG BRA 24 HOURS A DAY TO HELP DRY UP LACTATION
- 5) **FOLLOW UP VISIT:**
- 6) **DIRECT ROUTINE QUESTIONS TO MY OFFICE**
MONDAY THROUGH FRIDAY 8 A.M. TO 5 P.M. (318) 212-7840