Bossier Healthcare for Women

VAGINAL DELIVERY INSTRUCTIONS

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1) **DISCHARGE MEDICATIONS:** _____
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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**

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