**VAGINAL BIRTH**

* It is normal to have cramps and vaginal bleeding up to 6 weeks after birth
* Take pain pills as ordered by your doctor
* Stay hydrated
* Eat plenty of fibre
* Rest when baby is sleeping

**CALL YOUR DOCTOR/GO TO EMERGENCY**

* Bleeding that soaks through a pad in one hour
* Bleeding that changes to bright red and is heavy even when you are resting
* Chills fever greater then 38C (100.4F)
* Severe pain in your vagina or perineum
* Severe abdominal pain
* Fears of hurting yourself or your baby/feeling of sadness
* Trouble breathing /chest pain
* Heart palpitations
* Foul smelling vaginal discharge
* Clots larger than a loony
* Difficulty passing urine
* Dizziness or feeling faint when you are resting

**EPISTOMY/LACAERATION**

* Stitches do not need to be removed
* Use ice packs for the first 24 hours
* Sitz bath after 24 hours: 1 cup Epsom salt in 6 inches of warm water twice a day
* Change pads every 2-4 hours
* Pericare: spray warm water over perineum after voiding and having a bowel movement, pat dry
* Take pain medication as directed
* Use Tucks pads on the perineum
* Air flow to perineum

**HEMORRHOIDS**

* Avoid sitting or standing for long stretches of time to reduce the pressure on rectal veins
* Ice packs to hemorrhoids a few times a day as needed for comfort
* Alternate cold and warm treatment (cold first, then warm)
* Witch hazel cold compresses (Tucks)
* Sitz baths
* Drink plenty water and eat foods high in fibre –helps reduce constipation
* Hemorrhoid relief ointment

**C/SECTION**

* Always wash hands before touching your incision
* Inspect your incision every day for signs of infection
* Air the incision to promote healing
* If bleeding from the incision- cover area with a clean tissue or towel and apply direct and constant pressure to the incision for at least 5 min
* If bleeding stops-remove the bloody dressing and apply clean tissue
* If bleeding does not stop- call your doctor or go to emergency room
* Itching- incision may feel itchy as it heals

**STAPLES/STITCHES**

* Wash or shower 24 hrs after C/S
* Cleanse the incison with mild soap and water, rinse thoroughly, and gently pat dry with a clean cloth
* Staples need to be removed as per your surgeon’s instructions
* Sutures will dissolve over time
* Steri-strips- you may was or shower with steri-strips in place
* Steri- strips will fall on their own within 2 weeks-after 2 weeks remove

 **WHEN TO CALL YOUR DOCTOR**

* Fever greater than 38C/100.4 F
* Vaginal bleeding that soaks through a pad in one hour- bleeding that changes to bright red and is heavy even when you are resting
* Difficulty passing urine
* Severe pain around your C/S incision
* Discharge of fluid coming out of you incision
* Leg pain
* Incision that is opening up, red or swollen
* Difficulty breathing
* Feeling of sadness/anxiety
* **CRISIS LINE (24HRS/DAY)**
* **1-844-437-3247**
* **GRAND RIVER HOSPITAL SOCIAL WORKERS**
* **519-749-4300 EXT 2267**
* **PUBLIC HEALTH 519-741-8585**
* **www.earlyyearsinfo.ca**
* **Dr Salhani and Dr Stewart OBGYN web site**

