



BSc (Hons), MBBCh (Wits), FCOG (SA), MMed (Pret)

**SPECIALIST OBSTETRICIAN AND GYNAECOLOGIST
WITH SPECIAL INTEREST IN FERTILITY**

Postpartum

Postpartum Appointments and Follow-Up

If you do not already have your postpartum appointments scheduled, please call to schedule once you have been discharged from the hospital.

- For both vaginal delivery and caesarean section, schedule visits for 1 week and 6 weeks postpartum.

There are certain circumstances that require additional visits. Topics that will be covered at your postpartum visit include:

- Postpartum recovery
- Postpartum depression screening
- Postpartum hypertension
- Contraception and Pap Smear – both to be done at 6 weeks postpartum

Caring for Yourself After Delivery

If you have a history of depression, please be sure to discuss that with us. If you are feeling depressed, lacking in motivation, withdrawing from work, family, and friends, please call us immediately, or have a family member contact us.

You may resume activity **SLOWLY**. You will generally be tired and exhausted and getting little rest over the first 2 weeks. You do need to rest whenever your newborn is resting. Your stamina and energy will return week by week, so begin **SLOWLY** and build as you are able.

REST! We cannot stress enough how important rest is. Your sleep cycles will be altered by pregnancy, labour, delivery and postpartum. As during pregnancy, drink lots of liquids and eat healthy.

Bleeding will continue over 2 – 6 weeks.

- It will change from red to dark red to brown to pink. You may see clumps or clots of blood. Do not use tampons. Too much activity may result in an increase in bleeding. Please call us if you are soaking a maxi pad in an hour or less, or if clots are as large as an orange.

Resuming intimacy varies for everyone and every couple, however not before 6 weeks. Your body needs to heal first. It is possible to become pregnant before you see our first period after delivery. We recommend you delay sexual intercourse or use condoms until we discuss contraception at your postpartum visit.

If you had an episiotomy or tear and needed stitches, use salt baths 2 – 3 times daily to speed healing. You may use warm or cold water, whatever is most soothing to you.