

**NEW BEGINNINGS OB/GYN, PA
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POSTPARTUM INSTRUCTIONS**

- 1) Pelvic rest for minimum of six weeks
 - a) No intercourse
 - b) No tampon
 - c) No douching

- 2) No baths until cleared by physician
- 3) No vigorous exercise for six weeks, light activity OK
- 4) Continue prenatal vitamins for six weeks, if breast feeding continue for the duration
- 5) Colace, senekot, milk of magnesia for constipation
- 6) Pericare, sitz bath for episiotomy
- 7) Make Postpartum appointment for six weeks
- 8) If not breast feeding bind breast, wear tight fitting bra
- 9) Call for heavy bleeding (heavier than a period), fevers (100.4 or greater), drainage from wound
- 10) If had cesarean section make appointment 1-2 weeks after delivery