

OB Postpartum Recommendations

What to look out for when you leave the hospital

If you had a Vaginal Delivery:

- We advise Pelvic Rest for a full six weeks (Do not put anything in vagina)
- We advise No Heavy Lifting or Driving for at least two weeks
- Call our office if you experience any of the following:
 - Fever over 101.0 F
 - Heavy bleeding
 - Pain that does not go away with the pain medicines prescribed
 - Nausea or Vomiting
 - Persistent Headaches
- You may shower or soak in a tub. Use only mild soaps to bathe.
- We advise no douching

If you had a Cesarean Section (In addition to the above recommendations):

- Clean your incision with warm soap and water only.
- It is not necessary to put any creams or medicines on the incision.
- Keep the incision clean and dry during the day. You may use a clean wash cloth or gauze to help.
- Call our office, additionally, if you notice any of the following:
 - Drainage or odor from the incision
 - Redness or warmth at the incision

