

Advices after the childbirth



Congratulations!! We hope that your stay in our hospital has been a pleasant experience. After being discharged, you should contact your midwife for a checkup and she would send you to the gynecologist if she considers so. At the time of discharge you should receive the following set of documents:

- Tip Sheet.
- Delivery report.
- Pediatric Documentation.
- Birth certificate (yellow sheet) required for:
 - o Getting SIP of the newborn in the hospital.
 - o Registration of the newborns in the civil registry (Registro Civil).

Feeding



If you are breastfeeding, your nutrition should be similar to that of pregnancy. It is also recommended to maintain iron therapy 1 tablet daily for 3 months and vitamins suitable for breastfeeding.



If you increased your weight excessively during pregnancy, a diet can help you to loose weight without reducing the quantity or quality of milk, but always with the advice and supervision of a dietitian.

Hygiene and wound healing



It is allowed to get shower, but not bathe while you continue bleeding, a circumstance that can last for weeks.



Stitches in the perineal wound are made of absorbable material, so they will fall off in about 7-10 days (if they last longer you can check with your midwife).



In case you have undergone a caesarean section, you should wash the wound incision /scar with soap and water 2 or 3 times a day, and then dry it thoroughly. The use of iodine solutions (Betadine) to disinfect wounds in women who are breastfeeding is not recommended.



The staples of cesarean wound must be removed after 7 -10 days of intervention in your primary care centre (Centro de Salud).

Breastfeeding



You must follow the guidelines set by the pediatrician and midwives.



It is advisable to offer both breasts each time and have them as empty as possible after each feeding episode. If this is not possible, you can use breast pumps.



The cracks in the nipples can be minimized by getting a proper grip and not unnecessarily lengthening shots.



If you are not breastfeeding, you should wear a bra that compresses the breasts and not manipulate or try to empty them. If despite following these steps, you note very swollen breasts, pain that did not subside with analgesics or fever, come to our Emergency Unit in the Hospital. If you have any questions, contact the midwife.

Rehabilitation exercises



The abdominal muscles are now more flaccid and this can be an annoying feeling. Contact with the person who directed the preparation for birth and she will advise you some exercises that will improve your situation.



Something similar happens with the pelvic floor muscle, necessary for proper urination and defecation. There are also exercises that can help your recovery.

Sex and contraception



While wound healing is not complete and you continue bleeding it is not recommended to restart full sex. It is better to wait 2-3 weeks.



Although breastfeeding can decrease the function of the ovaries and that is because yo do not have menstruation, it is not sufficiently efficacious as a contraceptive. During this time, condoms are a good choice, although there are other alternatives also compatible with breastfeeding. You can ask about them in your Sexual and Reproductive Health Centre.