

CONGRATULATIONS on the safe arrival of your new baby!!

A new child is a big event in the life of new parents and the time that follows can bring many highs and lows.

The day you walk out of the hospital for the first time will be significant, as when you look around you and see that the whole world looks the same...yet your whole world has changed!

You will find yourself at the mercy of your hormones as well as being sleep deprived, and this can lead to feeling overwhelmed at times.

Please remember that I am a mum and that I too have been through all of this. If you feel like things are getting on top of you, always know that you can call me. I'm so happy to listen and share some of my experiences with you.....



- Try to ensure you get some sleep when the baby sleeps.
- Make an effort to get out of the house every day, even if it is just for a coffee.
- You might never have thought to join a mother's group, but I found them to be a huge source of support. You get to talk through with others and share the experiences that you are all going through...what is working and what doesn't...you will find that you are not alone and realize that a lot of things are common...you might get some great tips to try...but more importantly you will get a great sense of comfort because you are not alone. I am still friends with my mother's group that I met when I had my son...we have continued to always be there for each other.
- Plan something that you love to do once a week on your own, something that makes you feel like yourself. For me it was walking around Paddington Markets on Oxford Street and eating sushi for lunch. I loved doing it before motherhood and it helped me to feel "Normal" after Jack was born. You will probably feel guilty at first, but always remember that you will be able to be the best mum that you can be when you have had some time out.
- When partners, friends, and family offer help...accept it, it could be as simple as a homemade meal, doing a load of washing, making you a cup of tea. Remember that

everyone really wants to help, and most of them have been through it too. By allowing them to help you are giving them the opportunity to share in this very special event in your life.

- When you leave the hospital, you will not have established breast feeding. You are learning and so is your baby. Although it is a natural thing, it can still be a very challenging skill to learn. Make sure that if you are struggling...get help EARLY. You can make an appointment at your early childhood center, at the lactation clinic at the Mater or North Shore Private, or you can employ a private lactation consultant to come to you.
- THE QUEEN IS NOT COMING OVER FOR DINNER...it is totally ok to put the housework on hold while you are adjusting to your baby's feeding and sleeping "routine". Getting used to the sleep deprivation is really hard and can take a while.

First Few Weeks Pamphlet

Physically and hormonally your body goes through many changes after birth. Please take some time to read through this as it will reassure you what is normal.



POST DELIVERY PERINEAL TEAR/ EPISIOTOMY CARE

- The stitches I use are fully dissolvable and should be gone by the 6-week check. Some may even fall out. This is normal.
- Take regular pain relief and avoid constipation.
- Don't soak in any baths, swim in a pool or at the beach for at least two weeks. You just need to give the area time to heal.
- If you are worried about it being really painful/hot/discharging please let me or your GP know.
- How each woman bleeds post-delivery is variable.
- Your vaginal bleeding will last on and off for 6 weeks. Between day 10 and week 3 you may notice an increase in bleeding. This is NORMAL and will settle down. You may even notice a few clots.
- It is NOT normal to soak a pad an hour, or to have increased bleeding abdominal pain and a fever. If this happens contact my rooms or go to your nearest emergency.
- When you resume intercourse is up to you. You may feel more comfortable to wait until after your 6-week check, and after you finish bleeding. You may feel nervous, and this is a natural feeling.
- You may notice your vagina is quite dry. When you are fully breastfeeding, your body's estrogen levels drop, and this can lead to "menopausal" symptoms like vaginal dryness and hot sweats.

SOME EXTRA THINGS TO BE AWARE OF POST CAESAR

- Keep up with regular pain relief. Here is a good APP that can help you so that you don't overdose or underdose.
- The midwives would have removed the blue stitch from your wound prior to your discharge. I use this type of suture to try and prevent abnormal scarring called keloid scarring. They would have placed "steri-strips" over the wound. The wound care is very simple. All you need to do is shower as usual and pat the steri-strips dry. Eventually they will fall off and you do not need to replace them.
- If you do tend to keloid scar, I recommend Strataderm and Cica Care dressings that can help minimize this from occurring.
- Look at the wound each day. If it is red, hot to touch, oozing or if you are concerned, please let me or your GP know.
- Don't soak in any baths, swim in the pool or at the beach for at least 4 weeks. Your incision needs plenty of time to heal.



- Don't lift anything heavier than your baby for the first 6 weeks.
- On week 5 you may notice some increased swelling above the scar. This is normal and reflects to the healing in the layer below the skin. It will improve, but you may need some pain relief.
- After your 6-week check you will be able to go back to your normal exercise routine, however if you still feel sore DON'T push yourself. Remember your body is still healing.
- Most insurance companies allow you to drive within the first few weeks, however, make sure you check with them in case they have specific requirements.
- Your vaginal bleeding will last on and off for 6 weeks. Between day 10 and week 3 you may notice an increase in bleeding. This is NORMAL and will settle down. You may even notice a few clots.
- It is NOT normal to soak a pad an hour, or to have increased bleeding associated with abdominal pain and a fever. If this happens contact my rooms or go to your nearest emergency department.

Your body will go through hormonal changes that are normal, but they can lead to feelings of sadness and anxiety. **Please take time to read this**, as it can be really helpful.

COVID VACCINATIONS AND BREASTFEEDING

Please look at the [RANZCOG COVID 19 Hub](#) for all the latest information about vaccine use in breastfeeding.

6 WEEK CHECK:

I really look forward to seeing you and your baby at the six-week check.

- Make sure you have called Deb and booked it in.
- We will discuss how you are adjusting to your new life since the delivery and discuss any concerns that you have.
- We will debrief about the delivery and discuss the changes that your body is going through.
- I will perform your CST (cervical screening test) if it is due and check to see if your perineum or Caesar scar has healed well.
- I will discuss and prescribe contraception for you.
- Your baby will have its 6 week check with either the GP or pediatrician.

