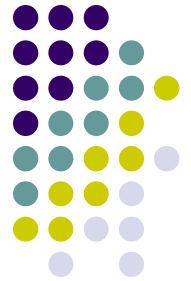
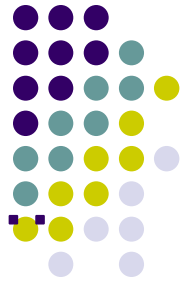


**Brandon RHA
Public Health Services
Prenatal Class
Session 3**



April 2010
Prenatal
Coordinator
578-2544

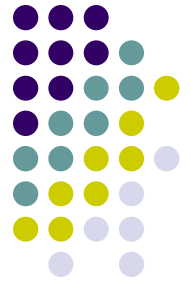


What you can expect after your baby is born.

After pains are cramps that occur with involution (uterus shrinking back to pre-pregnancy size) in the first six weeks after birth. This cramping will feel strongest within the first week after birth and during or after breastfeeding which usually becomes stronger with every child you have. Relief may be obtained by emptying your bladder before breastfeeding, using relaxation breathing techniques, or using a mild analgesic such as Acetaminophen (Tylenol).

Perineal discomfort is caused by the labor and delivery process. The perineal area (area between your legs) may be sore, swollen and bruised after the baby is born. Cold/ice packs and Sitz baths can help reduce the swelling and bring temporary relief to the area.

What to expect Continued..



Lochia (flow/bleeding) and discharge from the vagina for up to 6 weeks after the baby is born is normal. Right after birth it will be bright red and gradually changes color and becomes less in amount with time. Your flow may also increase as you increase your activity level. Call your care provider if you have large clots, foul odor, and /or fever as these may indicate problems

A loss of Urinary sensation can be caused by the stress on your body during the birth process. You may temporarily lose the sensation to empty your bladder. It helps to make sure you urinate every two hours to prevent your bladder from getting too full. If you are having trouble passing urine some find it useful to pour warm water over the perineum or void in the shower.

What to expect...



Difficult bowel movements/ hemorrhoids. To prevent constipation and hemorrhoids you want to keep bowel movements soft by drinking extra fluids and increasing fiber in your diet. Stool softeners may also help. A Sitz bath can be used for stitch comfort, and use hemorrhoid ointment if needed.

Engorgement can happen within the first week of breastfeeding or later on if a feed has been missed. When engorged, the breasts will feel swollen, hard and painful. Latching baby on may become difficult as the nipple can flatten. To help baby latch on soften the breasts by using warm compresses or a warm shower before a feed and cold after a feeding. Hand expression can also be effective to soften the nipple and areola so baby can easily latch on. Nursing early and often after baby is born will reduce or prevent engorgement.



- ***Mastitis*** is an infection of the breast tissue. It can be caused by sore, cracked nipples, engorgement, missed feedings or not emptying the breasts regularly at feeds. Frequent breastfeeding, and using different feeding positions can help. Antibiotics may be necessary to clear up the infection. It is best to talk with your healthcare provider. You can also speak with your area Public Health Nurse, Lactation Consultant, or the La Leche League if you are having any breastfeeding issues.
- ***Menstruation:*** Your first menstruation may occur as early as 6 – 8 weeks after the baby is born, if you are breastfeeding maybe even longer. Ovulation occurs before menstruation, therefore, its possible to get pregnant even before your period returns even if you are breastfeeding. It's important to talk with your health care provider at your six week appointment about your birth control options. If you are wanting information on birth control options call the Sexual Health line at **Public Health at 571-8379.**