

Discharge Instructions for Cesarean Section Delivery

From the entire staff of Baystate Ob/Gyn Group, congratulations on the birth of your new child!!!!

- 4 WEEK POSTPARTUM VISIT: Please call shortly after your delivery to schedule your visit.
- Avoid tampons or sexual relations until your postpartum visit.
- Avoid driving until 2 weeks following the delivery.
- Climbing stairs should be undertaken slowly at first and then increased, as you feel able. Abdominal muscles need rest and time to heal. If an activity causes straining on these muscles then you should not do it. Some activities that will cause straining are lifting heavy objects, climbing stairs repeatedly, some forms of housework. Constipation can also cause straining. A stool softener such as Colace is recommended.

Incision Care – Please observe for redness and drainage, as these may be possible signs of infection; call our office for an appointment if either of these symptoms appear.

Breast Feeding – Moms who need help may call our office to speak to a nurse. You may also contact the hospital's lactation consultants at 794-5312.

Vaginal Bleeding – You can expect some spotting or dark flow for 3-5 weeks after your delivery. Please call the office if you are passing large clots, bleeding heavily, having pain that is not relieved with Tylenol or if you have a temperature over 100.5.

Hemorrhoid Care – You may be uncomfortable for the first 2-3 weeks after delivery. Stool softeners such as Colace are recommended to prevent constipation that could worsen hemorrhoids. Over the counter products such as Tucks, Preparation H, or Anusol HC are often helpful.

Exercise – Begin slowly, walking is best until your postpartum visit.

Circumcision – Circumcisions not done in the hospital may be performed in our office, usually within 1-2 weeks after discharge from the hospital for full term healthy infants. If applicable, please call our office for an appointment. Premature infants and babies with health concerns may be circumcised by us on a case-by-case basis. The procedure is done using a local anesthetic.

If you have any questions or concerns, please contact us at (413) 794-8484.