

Discharge Instructions for Vaginal Delivery

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

- 4 - 6 WEEK POSTPARTUM VISIT: Please call shortly after your delivery to schedule your visit.
- No tampons or sexual relations until your postpartum visit.
- Stairs and driving should be undertaken slowly at first and then increase as you feel able.

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.

Episiotomy Care – Warm tub soaks or sitz-bath 2-4 times per day. You may use Tylenol or Advil for the discomfort.

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 Advil 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.