

# AFTER YOUR BABY IS BORN

## Breastfeeding

- 8–10 feedings per day
- 15–40 minutes/feeding (use both breasts)
- Call the Early Start Parent Information line, or see your doctor if baby seems unsatisfied after feeding
- Vitamin D supplement – 800 IU per day
- If pumping is necessary, rent a hospital-grade electric breast pump
- May notice orange crystals in the diaper – these are normal for the first few days

## Formula Feeding

- 30–90 mL per feeding
- Gradually increase volume as baby grows
- Ready-to-use formula is recommended for the first 4 months. Powdered formula can be used after 4 months.
- When mixing powdered formula, follow the package directions carefully, using sterile water and sterilized equipment

## Jaundice

- Most babies have some yellowing of the skin from days 2–4
- See your doctor if there is any jaundice
- See your doctor if baby seems very sleepy, is difficult to rouse and has decreased urine output or feeding

## Sleeping

- Baby should sleep on his or her back
- Change position nightly

## Umbilical Cord

- Keep area open and dry to assist in normal healing
- Clamp and cord should fall off by 21 days
- See your doctor if there is any redness or discharge

## Pain Relief

- Ibuprofen (Advil or Motrin), 200 mg, 1 to 2 tabs every 6 hours, if needed
- Acetaminophen (Tylenol), 500 mg, 1 to 2 tabs every 6 hours, if needed

## Sutures

- Should dissolve within 6 weeks
- Pain should decrease every day
- See your doctor if you have increasing pain, redness or discharge from the wound
- Staples are removed by a public health nurse 4 days after a cesarean delivery

## Flow

- Moderate to heavy menstrual-like flow for the first week is common
- See your doctor if you are soaking a pad every 2 hours or having persistent clots
- Flow should slowly decrease over 6 weeks
- See your doctor if flow increases or an odor develops

## Mood

- Although this may be the happiest time of your life, many women feel inexplicably sad or anxious in the first 7–10 days
- Talk to your doctor if you or your partner are concerned about mood changes and your ability to cope

## Office Visits

- After you have your baby, please call the clinic to cancel any further prenatal visits that may have been booked.
- If you have a family doctor, your baby will be discharged from our care after his or her 7–10 days' postpartum appointment. If you do not have a family doctor, we will continue to care for your baby up to 6 weeks' postpartum. We encourage you to look for a family doctor during your pregnancy. Please ask the administrative staff at the front desk for a list of doctors accepting patients.

## Baby's Visit

- Your baby will be undressed to be weighed and examined, so please bring a blanket, a clean diaper, and wipes.