

## Mom's Care

### BREASTFEEDING

- \* You may feel a gentle tugging sensation during feeding, but you should not have pinching, rubbing or pain at the nipple
- \* Poor positioning or latch is the most common cause of nipple pain and can be corrected
- \* Rest between feeds and drink plenty of water

### PAIN RELIEF

- \* Ibuprofen (Advil/Motrin) 200mg 1-2 tabs every 6 hours as needed
- \* Acetaminophen (Tylenol), 500mg 1-2 tabs every 4-6 hours as needed for maximum of 4g/24hours.

### DIET AND CONSTIPATION

- \* Fibre supplement like Metamucil or Prodiem.
- \* Restoralax/Lax-a-day for laxative, if needed.
- \* If breastfeeding, increase fluids and calories and avoid alcohol.
- \* Keep taking your prenatal vitamin.

### 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.

### MOOD

- \* 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

### SUTURES

- \* It should dissolve within 6 weeks and 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 or at your clinic visit after a cesarean delivery

### OFFICE VISITS

- \* Moms and babies are seen at 1 week post partum and sometimes up to 6 weeks after birth. Extra visits may be scheduled, if needed.

## Mom and Baby Care

### Hospital discharge instructions



#234, 12100 Macleod Trail SE, CALGARY  
Phone: 403-271-3381

Health Link: 811 (please book immunizations here)  
Early start line: 403-244-8351 (telephone information  
line for parents of babies under 2 months old)

Newborn Hearing screening: 403-955-8500

## Baby's Care

### FEEDING

- \* Your baby's hunger cues include smacking the lips or sucking the hands. Try to feed when you see these hunger cues, rather than waiting for your baby to cry. Breastfeed as often as your baby cues, about 8-10 times in 24 hours or every 2-3 hours. Offer both breasts each time. Babies are full if they fall asleep at the breast or come off on their own, seem satisfied, then cue again in 2-3 hours.
- \* If you need to supplement, start pumping with an electric pump (5-10 min/side after breastfeeding) for additional breast stimulation. For information about pump rental, talk to your lactation consultant.
- \* You may see orange crystals in the diaper and these are common in the first 3 days.
- \* Vitamin D supplement is necessary for all babies. Current guideline recommends 800 IU/day.
- \* If you are not breastfeeding and use formula, still feed baby every 2-3 hours, 30-90mL/feed and increase the volume gradually as baby grows.

### UMBILICAL CORD CARE

- \* Keep the area open and dry to assist in normal healing
- \* Clamp and cord should fall off by 21 days.

### URINE OUTPUT AND STOOLS

- \* Expect a minimum of a wet diaper for every day of life (ie, 3 or more on day 3)
- \* 6-8 diapers/day after day 6
- \* Expect the first stool within 24 hours, then at least 1 each day in early infancy (often more)
- \* See your doctor if there is blood in the stool

### OTHER

- \* Most babies develop jaundice (yellow colouration of the skin) between days 2-4. See your doctor if your baby is yellow, sleepy, not feeding well, not achieving the normal number of wet diapers, or if advised to do so by the public health nurse.
- \* Most babies will gain back to birthweight at 14 days of age.