

<p><i>Maternal Assessment Record</i></p> <p><b>IF YOU DETECT ANY ABNORMAL FINDINGS, CALL US!</b></p>	Day One	Day Two	Day Three
<p><b># of Pads.</b> Bleeding (lochia) should be similar to a menstrual period at first, both in color and amount. Over the next few days, it will change from bright red to brown, then over the next few weeks from pink to yellow and finally to clear. <b>If at any time you saturate two pads in one hour, CALL!</b> Should you have increased flow, massage your uterus until it is firm, and decrease your activity. Occasionally, clots are passed in the first few days. If the flow is normal and the uterus firm, there is no cause for alarm.</p>			
<p><b>Uterus.</b> In the first few days after birth, your uterus should feel like a grapefruit – at or below the level of your navel. If it is soft, massage it until it firms up. If it is high and/or off to one side, your bladder may need to be emptied. Women who have previously given birth may experience “after pains” or uterine contractions, especially when the baby nurses. These usually do not last more than 2-3 days. Every 4-6 hours, you may take up to 800 mg of Ibuprofen (Advil) or 325-650 mg Tylenol every 4-6 hours. Herbs for after pains include AfterEase by Wish Garden (take a dropperful every 2-3 hours after birth), or Cramp Bark (2-3 dropperfuls every 30 to 60 minutes). Try some hot compresses on your tummy.</p>			
<p><b>Temperature.</b> Wash your hands whenever you change your pad. Check your temperature a couple of times during the first 24 hours. Thereafter, take it once a day for the next three days or any time you feel like you are running a fever. Let us know if you have constant uterine pain, a foul-smelling discharge, or any rise in temperature above 100°F. Occasionally, there is a temporary rise in your temperature when your milk comes in (2-5) days after birth, but this should fall within 24 hours.</p>			
<p><b>Ice and Sitz Baths.</b> Whether or not you have had stitches, a small tear or no tear, you may use ice to minimize perineal swelling. Sitz baths (sitting in a few inches of water) will also feel good, as well as encourage healing. Bring water and herbs to a boil, turn heat off, cover for twenty minutes. Then, strain and add the liquid to a sitz bath basin or a few inches of bath water. Soak in this for twenty minutes. After 12 hours, gauze pads soaked in witch hazel and applied directly to the perineum are soothing. Continue your Kegels.</p>			
<p><b>Laceration – Peri-Care</b></p> <ol style="list-style-type: none"> <li>1. After using the toilet, part your labia and squirt warm water from your peri bottle, forcefully and liberally, into vagina toward the stitches.</li> <li>2. Wipe from front to back after toilet use. After bowel movements, gently cleanse with soap and water.</li> <li>3. Take <u>one</u> warm sitz bath per day, then dry well.</li> </ol>			
<p><b>Urination</b> may be normal, or there may be some difficulty accompanied by slight burning or stinging. Try squirting warm water from the peri-bottle over your pubis as your urinate to help minimize stinging. If you are unable to empty your bladder, call us!</p>			
<p><b>Bowel Movement.</b> With or without stitches, normal bowel movements should return within a few days. Plenty of fluids, fresh fruits, raw green salads, yogurt, bran, and prune juice will also help. Drink 8-10 glasses of water each day. If you are having problems, it is fine to take a stool softener.</p>			
<p><b>Breasts Engorgement.</b> It is normal for your breasts to become larger, warmer and uncomfortable when your milk comes in 2-6 days after birth. With normal fullness, the breast and areola remain soft and elastic, milk flow is normal and latch-on is not affected. When engorged, the nipple and areola become firmer and full. What to do: Nurse on demand. Allow baby to finish the first breast before offering the other side. Ensure correct latch and positioning. Apply warm, moist towel to your breasts for 2-5 minutes, or take a hot shower before nursing your baby. Hand express some milk to soften the areola after using moist heat. Use gentle breast massage before and during breastfeeding. Try applying icy cold compresses to your breast after nursing to relieve the discomfort and decrease swelling. Avoid tight/ill-fitting bras. Drink LOTS of water. Take extra Vitamin C. Rest.</p>			