

## POST PARTUM INSTRUCTIONS

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### Care for the mother:

- Do nothing but rest and take care of your baby for the first week. Find help for housework, cooking and child care for two weeks, if possible. Add activity after the first week - to your comfort level. Be sure to rest when you get tired. Your body will revolt if you overdo!
- Keep up with your pregnancy diet and vitamins while you are nursing. Add more liquids to help with milk production. Avoid caffeinated drinks such as coffee, tea, and colas while you are nursing, as these may upset the baby. To prevent constipation, try prune juice, bran cereal and other fiber rich foods. For the first week, take 2oz of liquid Chlorophyll daily (in juice or water) to help rebuild your blood and to prevent constipation.
- Air dry your nipples several times a day. To keep them from cracking, apply coconut oil, lanolin, Aquaphor, or vitamin E oil. If your breasts become engorged, apply hot compresses or stand in a hot shower and express some milk before feeding the baby so he/she can latch on correctly.
- For the first few days, empty your bladder every two hours, while you are awake. If you have had lacerations or stitches, rinse the perineal area using your peri bottle with a solution of warm water and 1 tsp Hibiclens.
- You may pass some clots the first few days after you've given birth. This is normal. If you begin to bleed heavily, such as **saturating** a thick pad, front to back, in less than 30 minutes, lie down, massage the top of your uterus, and nurse the baby. CALL ME if the bleeding does not improve quickly.
- Unless you have stitches, resume doing pelvic floor strengthening exercises the day after you have given birth. If you have stitches, wait two weeks before resuming the pelvic floor strengthening exercises.
- You may return to your normal sexual activity after 3 weeks. If you have had stitches, wait 4-6 weeks before resuming sexual activity.
- Take your temperature twice a day for the first week. Call me if you develop a fever.

### Care for the baby:

- Keep a bulb syringe handy in case your baby's nose or mouth needs suctioning. Some babies have more mucous than others and may occasionally appear to gag or choke. Your baby may spit up mucous several times during the first days of life. This is a normal occurrence.
- Air dry the baby's cord stump (as much as possible). Keep the diaper away from the cord. Bathing baby is fine but remember, when you wet the cord, it will take longer to dry and detach. Clean the base of the cord with a Q-tip dipped in warm water, several times a day.
- Remember that breast milk digests rapidly and your baby may want to nurse frequently. If you have concerns about breast feeding, please call me. I encourage you to **FEED YOUR BABY ON DEMAND!!!**
- If your baby turns yellow (jaundice) before 24 hours, CALL ME IMMEDIATELY and take him/her to the emergency room of your nearest hospital. This is a very serious condition and is not to be ignored. Should the baby turn yellow after 24 hours, put the baby in front of a sunny window - naked - for 15 minutes each side, several times a day, and call me with concerns. Also, to help prevent jaundice, nurse - nurse - nurse your baby!!!
- Take your baby's temperature twice a day for the first couple of days. Call me if he/she develops a fever or becomes lethargic.

**I RECOMMEND YOU HAVE YOUR NEWBORN SEEN BY YOUR FAMILY DOCTOR OR PEDIATRICIAN WITHIN  
3-7 DAYS OF BIRTH**

# Pregnancy, Parenting and Depression Resource List

## **Toll-Free Telephone Assistance Lines:**

Texas Department of State Health Services  
Family Health Services, Information & Referral Line  
1-800-422-2956

## **2-1-1- Texas**

2-1-1 Texas, formerly First Call for Help, is a service for the entire community. 2-1-1 is the new abbreviated dialing code for free, bilingual information and referrals to health and human services and community organizations. 2-1-1 serves as the number to call for information about community organizations, and it links individuals and families to critical health and human services provided by nonprofit organizations and government agencies in their own community. 2-1-1 Texas is currently available statewide:

On-line Assistance:

Texas 2-1-1 Information & Referral Network <https://www.211texas.org/cms/>

## **Tarrant County Resources**

### **Mental Health Association of Tarrant County**

3136 W. 4th Street  
Fort Worth, Texas 76107  
Phone: 817-335-5405  
[www.mhatc.org](http://www.mhatc.org)

## **Dallas County Resources**

### **Dallas Association for Parent Education**

777 S. Central Expressway, Ste 1-T  
Richardson, Texas 75080  
Phone: 972-699-0420  
[www.dallasparents.org](http://www.dallasparents.org)

### **Mental Health Association of Greater Dallas**

624 N. Good-Latimer, Ste. 200  
Dallas, Texas 75204  
Phone: 214-871-2420  
[www.mhadallas.org](http://www.mhadallas.org)

### **Center for Parent Education, University of North Texas**

[www.unt.edu/cpe](http://www.unt.edu/cpe)

Contact: Arminta Jacobson at 888-662-7457  
Email [parenting@unt.edu](mailto:parenting@unt.edu) or fax 940-369-7955