

**UTAH VALLEY WOMEN'S CENTER
OFFICE TELEPHONE NUMBER 801-357-7009**

DISCHARGE INSTRUCTIONS FOR OB PATIENTS

DIET AS TOLERATED

ACTIVITY:

1. No vigorous exercise for six weeks.
2. Stretching, leg lifts, walking, sit-ups, and weights are good for toning after delivery.
3. No douching, tampons, or sexual intercourse for four to six weeks after delivery. If you are sexually active before your post-partum appointment, use condoms and a vaginal lubricant such as K-Y.
4. After a cesarean section, do not lift more than 20 pounds for four to six weeks, and do not drive for one to two weeks.
5. Bathing or showering are both allowed after either a vaginal delivery or a cesarean section. Keep your incision dry after you bathe or shower.

MEDICATIONS:

1. Take a prenatal vitamin daily, if you are nursing.
 2. If you are constipated, you may use any over-the-counter laxative as needed such as Miralax, Milk of Magnesia or Dulcolax. If you had a fourth-degree tear (through the rectum) at the time of delivery or if you have hemorrhoids, we suggest that you use an over-the-counter stool softener such as Colace or Surfak for two to three weeks after delivery.
 3. For mild to moderate pain, take regular or extra strength acetaminophen (Tylenol) 1-2 tablets every three to four hours or Ibuprofen (Advil, Motrin IB, or Nuprin) 2-4 tablets every six hours with food.
 4. Use Tucks pads, Proctocort, Epifoam, or Dermoplast anesthetic spray for episiotomy pain.
 5. Use Anusol HC or Proctocort as needed for hemorrhoids.
- Iron Supplement _____ tablet(s) daily for six weeks (we suggest Feosol, Fem-Iron, or any slow release iron). Iron tablets are available over-the-counter.
- Pain medication prescription for Percocet Motrin Vicodin Other:
- Antibiotic prescription for: _____

SPECIAL INSTRUCTIONS:

1. Remove Steri-Strips for cesarean section incision one week after you go home.
2. Call us if you have heavy bleeding, worsening pain, a fever greater than 101 degrees, symptoms of a breast infection, or pain or burning with urination.
3. You may use Lanolin or Eucerin cream on your nipples after nursing as needed to help with soreness. Moist tea bags may also be helpful for sore, cracked nipples.

APPOINTMENT:

1. If you had a vaginal delivery, make an appointment for a post-partum visit six weeks after delivery.
2. If you had a cesarean section, make an appointment to come in for an incision check two weeks after delivery and make an appointment for a post-partum visit six weeks after delivery.

Steven Grover, M.D.