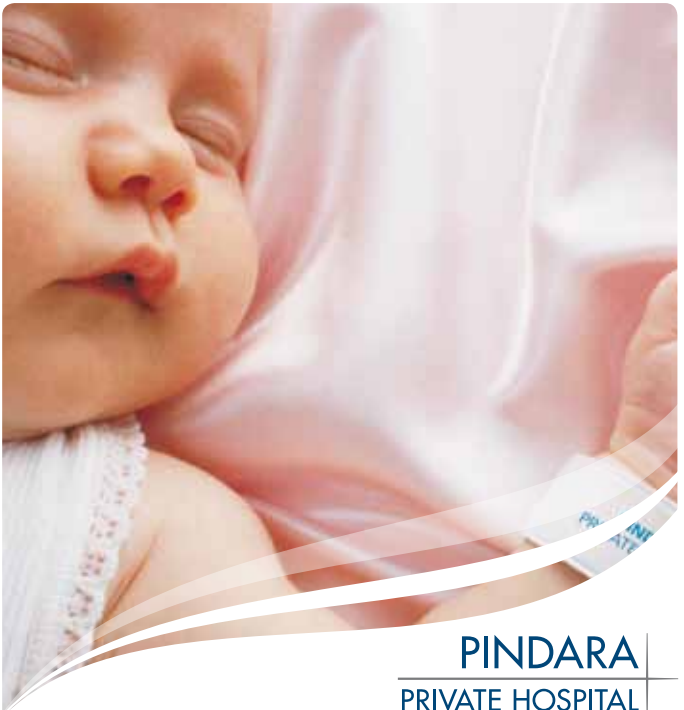


# Postnatal Information

Patient Information



PINDARA  
PRIVATE HOSPITAL

## Bladder

- If you have stitches or grazes passing urine may sting, lean forward on toilet and drink plenty of water to dilute your urine.

## Bowels

- It is important that your bowel motion remains soft and easy to pass as this allows stretched muscles and a stitched perineum to heal quickly. Lean forward on the toilet, do not strain.
- If haemorrhoids worsen there are ointments available from the pharmacy to aid in lessening the discomfort.

## Breasts

- Detailed information on breastfeeding is available in your postnatal information booklet or from the support services listed below. If you develop a reddened painful flare on your breast with fever or flu-like symptoms you may have mastitis and you are advised to seek medical assistance.

## Caesarean after care

- Avoid hot tubs and public pools, heavy lifting and strenuous housework for 6 weeks.
- Keep your incision site clean & dry (Steristrips on your wound are waterproof and can stay on for 2 – 4 weeks).
- The incision will feel better day by day but will remain tender for several weeks. You may also experience some numbness which can remain for a few months.
- Rest when you are tired, it will help in recovery process.
- If you notice a reddened, painful area on your wound or develop a fever, you are advised to seek medical assistance.
- Unless advised by your doctor, compression stockings are no longer required after discharge from hospital.
- You may require some pain relief after the birth of your baby for a few more days after you go home. If required, please use your discharge analgesia (if prescribed by your doctor), or a simple analgesic available over the counter from the Pharmacy.

## Perineal care

- Keep area clean, after daily shower pat area gently to dry with a clean towel.
- Change sanitary pads 4-6 hourly (to reduce risk of infection).
- Stitches will dissolve between 1-3 weeks after birth. You may find some stitches on toilet paper or in the shower.

## Sex & Contraception

- Sexual relations can be resumed when you feel comfortable unless advised otherwise by your obstetrician.
- Women should choose contraception that is right for them. If breastfeeding, a non hormonal method preferred such as progesterone only contraceptive, condoms, or diaphragms.

## Vaginal blood loss

- Day 1-3 after birth blood loss will be like a heavy period.
- Day 3- 10 will become gradually less and colour will change from red to brownish/pink.
- Spotting can continue for 4-6weeks after birth.

# Postnatal Support

There are several sources of support available for you in the community after you go home

## Paediatrician

- 6 week baby check & Immunisation advice.
- Point of contact if baby sick in first 6 weeks.

## Private Postnatal Services

- Nurture Co ph: 5571 2777
  - Phone for appointment.
  - Individual appointments & day stay.
  - Postnatal groups
- Elite OBGYN ph: 5597 2660
  - Parenting support & Infant massage

## Child Health Clinic (Govt)

- Phone for appointment.
- Drop-in & Individual appointments.
- Postnatal groups, Residential & Day Stay.

## Pindara Emergency Department

- Immediate medical assessment and treatment.

## Pindara Paediatric Ward

- Hospital admission if required.

## Private Lactation Consultants -

<http://alca.asn.au>

- Home appointments available.

## Australian Breastfeeding Association -

**Ph 1800 686 2 686**

- Volunteer association.
- Phone support & Group Meetings.

## G.P. (Family Doctor)

- Medical care and immunisation after 6 weeks of age.

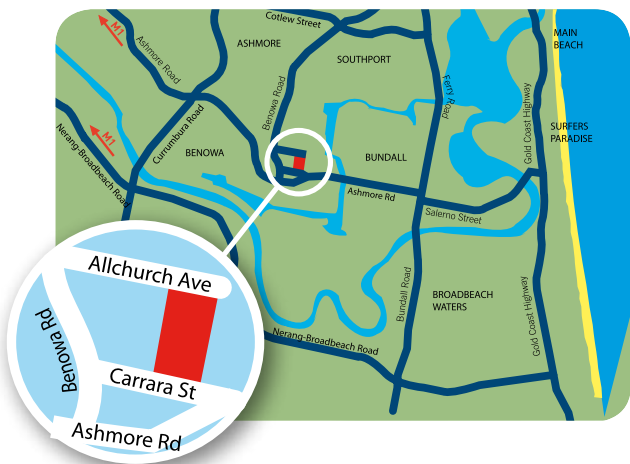
References:

Pindara Obstetricians & Midwives (2011)

RANZCOG (2001) "Caesarean Section. A Guide for Women"

St George Private Hospital (2007) Pregnancy, Birth & Parenting Information

<http://brochures.mater.org.au/Home/Brochures/Mater-Mothers-Hospital/Caesarean-birth>  
(Dec 2010)



People caring for people

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