

Congratulations on your new baby!

This letter details some important information for you as you settle into your first weeks with your new baby.

Please book follow-up appointments for yourself and your new baby with Dr _____ in _____ days.

Infants Date of Birth _____ Time of Birth _____
Birth Weight _____ Discharge Wt _____

In the first few days, to build your breast milk supply, you should expect to feed the baby every 3 hours or less, even if you have to wake the baby up. Be aware that it may take 3-5 days for your milk supply to come in. **You should take your baby to see your doctor if:**

- Your baby is not interested to feed or you have problems waking your baby up to feed
- Your baby does not have 1 to 2 wet diapers each day during the first 3 days, or does not have 5 very wet diapers each day after 6 days of age
- Your baby does not have 2 to 3 dirty diapers, or more, each day after 4 days of age
- Your baby is crying all the time and cannot be comforted
- Your baby develops a fever (arm pit temperature > 37.4°C)
- Your baby looks yellow (jaundice)

Within the next few days, the vaginal bleeding and pain should lessen. You may expect light bleeding up to 6 weeks. Use pads, not tampons, until any vaginal tears are healed. Sitting in a warm bath or cleaning the area between your legs with warm water will help healing. Most women who have a vaginal birth need some pain medicine for a few days to weeks. Most women who have a Caesarean birth need some pain medicine for about one month. Use a birth control method, such as condoms, until you talk about other choices with your doctor.

Call to see the Doctor who provided your prenatal care if:

- Your bleeding is getting heavier than a usual menstrual period
- You have a fever (temperature over 38°C), chills, or flu-like symptoms
- Your vaginal flow has a bad smell
- Your stitches open up or drain, the skin around your stitches becomes more red or you have pain that is getting worse
- You have a painful area in your breast or red area on your breast
- You have new pain when you pee
- You feel sad, hopeless, or worried about yourself or your baby

Call a doctor, as soon as you can, or go to the Emergency Department if:

- You have chest pain, shortness of breath, or if you have pain and swelling in one leg

For breast feeding support try calling your **Public Health nurse at 250-755-3388** or visit the Nanaimo health unit at 1665 Grant Ave or 80 Chapel st, or talk to your doctor. For additional information about your recovery after delivery or about caring for your newborn read **Babies Best Chance** or talk to your doctor.