

Pelvic floor exercises – Squeeze your back / front passage as though you are either controlling yourself from passing wind or stopping yourself from passing urine. Start with 12 reps a day and progress to 12 reps 3 times a day.

Abdominal exercises – Lie on your back, pull your abdominal muscles in, hold 1 to 2 secs, and then relax. Start with 15 reps a day. Increase holding time to 3 – 5 secs. Gradually build up to 30 - 40 reps a day.

POSTNATAL "BLUES"

Many women have mild mood swings during the first week after the delivery. At times some mothers feel irritable, impatient, anxious, tearful and easily upset without any reason. These feelings are common and usually last a short time. Being tired and stressed adds to the difficulty of the mood swings. Try to ask for help.

CONSULT YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:

- Fever higher than 38°C
- Severe headache that medicine does not relieve
- Fainting
- Red hot, very sore areas of your breast(s)
- "Flu" symptoms (fever, body aches, headache and nausea) in a breastfeeding mother
- Burning or pain when urinating (passing water)
- Vaginal bleeding heavier than a normal period that doesn't decrease when you rest for a few hours
- Foul odour of your vaginal discharge or discharge from the caesarean or perineal wounds
- Constipation that diet or stool softeners does not relieve
- Any areas of redness, tenderness, swelling or severe pain in your legs

POSTNATAL CHECK-UPS

Before you leave for home, your doctor will give you an appointment for a postnatal check-up at your doctor's clinic.

As a Pap smear is done during the check-up, you should notify the clinic if you are still menstruating. For change of appointments, please call your doctor's clinic.

SEX

It is okay to resume sexual activity as soon as you and your spouse feel the time is right.

If you are tired or have stitches to you perineum, you may wish to discuss with your spouse and explore other methods of intimacy.

BIRTH REGISTRATION

You can register your baby's birth at the Birth Registration counter located at the Admission Office. You are advised to register within 14 days from the date of birth.

Documents for registration

1. Notification of Live-Birth } given by
2. Completed Form BD13 } the hospital
3. Both parents' original NRICs / Passports
4. Original Marriage Certificate
5. Original Deed Poll if parent's name has been changed and is different from NRIC

Birth Registration will NOT be processed at the Hospital if you fail to produce any of the required documents stated above.

Thank you for choosing Mount Alvernia Hospital!



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Date of print: Dec 2008



CARE OF MOTHER
AFTER DELIVERY

Mount Alvernia Hospital is a general acute care hospital committed to delivering value-for-money, quality healthcare. Since our founding by Catholic missionaries in 1961, we have evolved with the growing needs of public healthcare and developed multi-disciplinary medical expertise to cater to a wide range of medical conditions. *We Serve All With Love.*

For more information or to inquire about our services, please contact us at:
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*Serve all
with Love*



Congratulations on the arrival of your newborn!

We hope this brochure will be helpful to you in your recovery after your birth.

LOCHIA

Lochia is the 'bloody' discharge, which begins right after delivery. During the first couple of days, the bleeding can be quite heavy but this will gradually decrease.

The colour of lochia changes from bright red to pink or brown, and may become yellow before it disappears completely. Most mothers find that the lochia will stop within 6 weeks.

Please consult your doctor should the lochia suddenly become heavy bleeding with blood clots.

AFTERPAINS

It is normal to have 'afterpains' or postpartum cramps. This is a mild ache felt in the lower abdomen in the first few days following delivery. It is caused by contractions of your uterus as it returns to its pre-pregnancy size. If you are breastfeeding, you will feel the uterus contracting when your baby is suckling.

You are advised to take the analgesics as prescribed by your doctor to relieve the pain if necessary. This will not affect breastfeeding or the well-being of your newborn baby.

EPISIOTOMY WOUND

Episiotomy is the cut made at the perineal region, between the vagina and the anus during childbirth. It would be stitched after delivery. The stitches will dissolve by itself and do not usually need to be removed.

To allow the wound to heal fast, please keep it clean and dry by washing with water after passing urine or motion. Dab the area dry and use clean sanitary pads.

Change sanitary pads regularly, to prevent infection of the perineal wound.

Please consult your doctor if there is swelling and persistent pain.

CAESAREAN WOUND

Always keep the dressing on your operation site dry. You may remove the dressing as advised by your doctor. You are advised not to carry or lift heavy objects during your confinement. This will allow your wound to heal adequately.

Consult your doctor if there are signs of infection like redness, pain, swelling or discharge over the wound.

BREASTFEEDING AND BREAST CARE

By the 3rd or 4th day, your breasts may start to feel full and firm, slightly tense or painful, this is due to breastmilk volume.

Breastfeed your baby on demand every two to three hourly, including night feeds.

Express your breast milk every three hourly if your baby is not able to feed directly from the breast.



RECOMMENDED GUIDELINES FOR STORAGE OF YOUR EXPRESSED BREASTMILK:

Location and temperature	Time
Room temperature milk stored at 25°C	4 hr
Cooler box/bag with ice pack (15°C)	24 hr
Refrigerator (4°C)	48 hr
Thawed frozen breastmilk in refrigerator (4°C)	24 hr
Frozen milk	
Freezer with separate door from refrigerator (-5°C)	3 months
Deep freezer (-20°C)	6 months

Warm your refrigerated/thawed breastmilk in a bowl of warm water.

Do not thaw or warm breastmilk in boiling hot water or microwave oven.

Always check the temperature of the bottled milk with the back of your hand or inner part of your wrist before feeding your baby.

BREASTS ENGORGEMENT

If the breasts are engorged, hard, swollen and painful, but milk is flowing, you can apply warm compress and follow with breast massage before breastfeeding or expressing of breastmilk.

If the breasts are engorged with poor milk flow, you can apply cold cabbage leaves or cold packs over the breasts (avoid nipple and areola area), once or twice a day to relieve pain and engorgement.

If pain is unbearable, you may take analgesics. However, breastfeeding your baby frequently is the best way to avoid engorgement of the breasts.

How to massage the breasts to reduce engorgement?

Massage your breasts before every feed or expression to promote a good flow of your milk. Massage the breasts in circular motion especially the lumpy areas, using gentle and firm pressure starting from the outer aspect of the breast to areola. Then stroke the breast in the downward manner towards the nipple. Compress around the areola area and express some milk out to soften it, so as to enable the baby to latch better.

Care of Sore Nipples

Sore nipples are common during the first few days and often caused by incorrect positioning and latching of the baby on the breast. Correct latching and proper removal of baby's mouth from the nipple, help to prevent sore nipples. Apply colostrum or hind milk after feed and air dry. It helps the nipple to heal the soreness and keeps the nipples supple.

HYGIENE

Remember to wash hands with soap and water before and after attending to the baby.

DIET

Eat well-balanced healthy diet; especially more fish, green leafy vegetables, fruits and whole grain cereals. If you are breastfeeding, ensure adequate fluid intake. Avoid alcoholic drinks.

REST AND RELAX

It is important for you to relax and rest during the confinement period. To ensure adequate supply of milk for the baby, be relaxed and enjoy breastfeeding. Anxiety interferes with milk flow.

You should rest your back as much as possible to recuperate from the delivery. Try to catch some rest when your baby is asleep.

BOWEL MOVEMENT

Take more vegetables, fruits and water to prevent constipation.

Please consult your doctor if you are unable to open your bowel and diet or stool softeners do not relieve.

POSTNATAL EXERCISES

You are encouraged to do some postnatal exercise soon after delivery, as long as you feel comfortable. It will help firm up the abdomen and muscles around the hip and thighs.

Pelvic floor exercises and abdominal exercises help to tone up your muscles and get you back into shape.