

***HOSPITAL
DISCHARGE
INFORMATION***

HANDOUT

Mother's

&

Baby's

Care

BABY'S CARE

Feeds

If breastfeeding:

- 8 to 12 feeds every 24 hours
1. Both breasts at each feed.
 - 15 to 60 minutes per feed
 2. The quality of the feed is as important as the duration (i.e. listen and watch for sucking & swallowing).
 3. Offer a supplement if babe appears unsatisfied after breastfeeding (supplement is either expressed breast milk or formula).
 4. If you need to supplement, start pumping.
 5. You can rent/buy a Medela electric pump, available at several pharmacies (see list on Unit 64).
 6. Vitamin D. – “DiViSol” 1.0 ml orally /day for breastfed babies.

If formula feeding:

- 8 to 12 feeds/day.
7. 30 – 90 ml/ feed initially, depending upon your baby's size.
 8. Gradually increase the volume with baby's growth.

Urine Output

9. Expect a minimum of one wet diaper/day of life in first week (i.e. day 3 > 3 per day, day 4 > 4 per day, after day 6 = 6 to 8 per day)

Stools

10. Expect the first stool within 24 hours.
11. Expect a minimum of 1 stool per day in early infancy.
12. The colour may vary: yellow/green/ brown.
13. The consistency may vary: watery/ cruddy/ mucousy.
14. The presence of blood in the stool requires physician evaluation.

Jaundice

15. Most babies show some jaundice between days 2 – 4.
16. Jaundice under 24 hours requires physician evaluation.
17. Jaundice leading to lethargy, decreased feeding and decreased urine output requires physician evaluation.

Umbilical Cord

18. No treatment is required.
19. If the skin on the abdomen around umbilicus is red, it requires physician evaluation.
20. The stump is often red, smelly, mucousy +/-blood tinged.
21. Leave the area open to the air (this means turning the front of the diaper down below the umbilicus).
22. Generally, it will take two to four weeks for the umbilical cord to fall off.

Office Visits

23. Book an appointment for your baby during week 1, 2 or 3 and 6 and anytime if you have concerns.



MOTHER'S CARE

Feeds

1. Rest and adequate hydration is important, especially if breastfeeding.
2. Sleep when your baby sleeps.

Nipple Care

- Nipple tenderness at the beginning of a feeding may be normal in the first 2 to 4 days of breast-feeding.
 - Soreness that is more intense or continues throughout the feed means that some adjustment needs to be made.
 - Poor position or latch on is the most common cause of sore nipples.
 - Hand express milk to start the milk flowing before latching the baby.
3. Taking the baby off the breast without breaking the suction causes soreness.
 4. Break the suction by inserting a finger in the corner of the baby's mouth and pull down gently on the breast. Bathing the nipple with plain water is all that is

necessary for cleanliness. A little breast milk expressed and rubbed into the areola will nourish the skin. Helpful products to be considered are Lanolin base creams. Do not wear a bra that is too tight. If problems persist, a consultation with a lactation specialist may be necessary.

Pain Relief

5. Ibuprofen 200 mg, 1-2 tabs every 6 hours &/or Acetaminophen 500 mg, 1-2 tabs every 4-6 hours is sufficient for most normal vaginal deliveries.
6. Your physician when needed will prescribe stronger medications for more complicated vaginal deliveries or c-sections.

Hemorrhoids

- Creams/suppositories/local therapies can be prescribed (e.g. Witch Hazel, Tucks Pads). Ultimately, it takes time to settle.

Stool Softeners

7. If you are taking medication containing codeine or have had an episiotomy or a painful tear then take Colace regularly 100 – 400 mg /day. It is available over the counter.

Episiotomy Care

8. Should an episiotomy be necessary during the delivery of your baby, or if you tear on your own, it is important that proper care of the area is taken afterwards. After urinating, it is helpful to use warm water and a little salt or Epsom salts mixed in a spray bottle to rinse off the area, pat dry and allow to air dry. Comfort measures to be considered:
 - bathing with Epsom salts in the water.
 - leaving the area uncovered and open to the air when possible.
 - squeeze buttocks together prior to sitting down.

Stitches

9. The sutures in the perineum dissolve on their own.
10. C-section - arrangements will be made by the surgeon for removal of abdominal stitches or staples

Office Visit

- 6 week post partum visit or earlier if there are concerns

