

Postpartum Planning 101

A Guide to the Trimesters, Postpartum, and Hospital Prep

HOSPITAL FREEBIES YOU'LL WANT TO TAKE WITH YOU:

- Underwear** – After giving birth, you'll want a few pairs that you don't care about – the hospital mesh undies are perfect!
- Extra long pads** – These will be your best friends while postpartum!
- Witch hazel or Tucks pads**
- Toothbrush** – The perfect tool to brush your baby's hair
- Travel-size baby shampoo** – Great for on-the-go use later
- "Chucks"** – These absorbent blue pads are great for extending pad coverage and as disposable, on-the-go changing sheets
- Baby Diapers** – You'll always need these everywhere, especially directly after giving birth!

POSTPARTUM APPOINTMENTS:

If you feel concerned about anything, call your doctor or healthcare provider prior to your 6-week postpartum visit.

Mental Health – You should receive a questionnaire with a depression scale – be honest! It's normal and very common for new parents to experience unusual, new, or intense postpartum emotions. Your provider should be there to help you navigate this.

Perineal Pain Management – How are you feeling down there? (Still needing witch hazel/icing/sitz baths?)

Physical Healing – Have the doctor confirm you are healing properly (either vaginally or at your C-section site). If you had a C-section, when is it safe for you to be lifting normal amounts of weight (especially if you have another child)? Does your provider recommend any pelvic floor physical therapy to help you strengthen your perineum and pelvic floor muscles?

Abdominal/Pelvic Pain – Report any pain to your doctor, either internal or at C-section scar

Bowel Movements – Are they painful? Have you been able to move them without straining? Are you taking a probiotic? Are you having any itching (this may be a sign that you have hemorrhoids which are very common after vaginal deliveries)?

Bleeding – Are you still bleeding or have you stopped? If you're still bleeding, how much (i.e. how many pads/day)?

Discharge – Any discharge that seems an odd color or smell should be double checked by your provider. Most can check for BV and yeast infections as well as other types of infections.

Breast Health – Are you breastfeeding? Any pain or issues? If you're not breastfeeding, are your breasts returning to normal and feeling less engorged?

Physical Activity – How is your stamina? Is it difficult to walk up or down stairs? Are you able to carry your newborn and any other children? Is it safe for you to ease back into your workout routine?

Sexual Activity – Have you and your partner been sexually active together since delivery? Was there any pain?

Birth Control – Are you interested in a form of birth control?

PAP – Is your PAP up-to-date or do you need a new one?