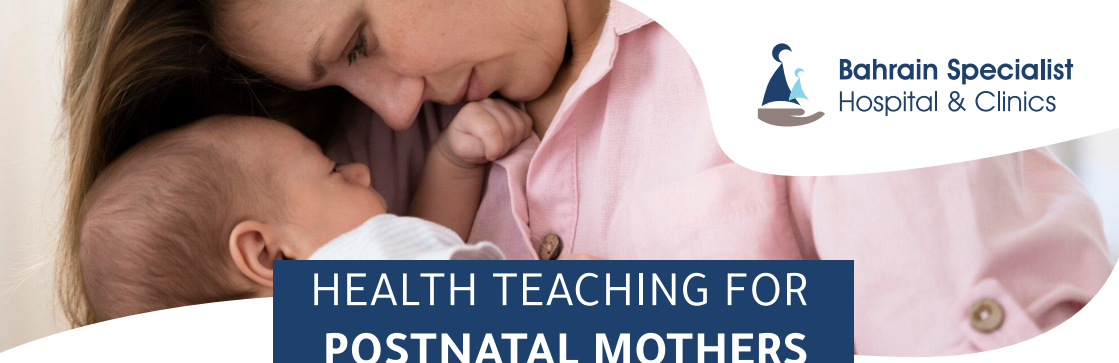


Bahrain Specialist Hospital & Clinics

HEALTH TEACHING FOR **POSTNATAL MOTHERS**

Patients will experience pain the same as period pain. This is more pronounced during breast feeding because nipple stimulation provokes the release of oxytocin hormone (which causes contraction).This means the patient's womb is shrinking and returning to its normal position in your pelvis. If it is severe pain like cramps, the patient can take a pain reliever before breastfeeding as per doctor's order.

The bleeding after delivery is lochia that is discharged via vagina, when the uterus contracts. For the first few days the lochia is heavily blood stained and thereafter ,it will become pinkish and then to whitish yellow .Occasionally patients may pass blood clots in the first day that means a small piece of placenta or membrane is left behind the womb.

- Increase the fiber content of foods and drink plenty of fluids if you have problems with bowel movements.
- Avoid any lifting or driving for the first 6 weeks after cesarean section.
- Apart from pelvic tilt exercise avoid any exercise until after 6 weeks.
- Episiotomy care and perineal care along with sitz bath.
- Follow up visit should be done.
- At the time of discharge, explain to patient that she should contact to emergency department in case.
- Develop temperature.
- Breast pain, engorgement or nipple crack.
- Vaginal discharge smells odd.
- Persistent gush of heavy bleeding or passing clots.
- Episiotomy stitch area is still red, feels sores or gape.
- Surgical site oozing or any pus, bad smell from the wound, redness or sore to touch.
- Many women experience urine leakage (stress incontinence)after child birth.
- The sooner it brings to doctor's attention will be treated sooner.
- Exercise or simple treatment will help to recover this.

JUFFAIR
Building: 2743, Road: 2442, Block: 324,
P.O. Box: 10588, Kingdom of Bahrain

RIFFA
First floor, Building: 767, Road: 1221,
Block: 912, Kingdom of Bahrain

APPOINTMENTS
17812222

www.bahrainspecialisthospital.com