

AFTER YOUR BABY IS BORN

Breastfeeding

- 8–10 feedings per day
- 15–40 minutes/feeding (use both breasts)
- Call the Early Start Parent Information line, or see your doctor if baby seems unsatisfied after feeding
- Vitamin D supplement – 800 IU per day
- If pumping is necessary, rent a hospital-grade electric breast pump
- May notice orange crystals in the diaper – these are normal for the first few days

Formula Feeding

- 30–90 mL per feeding
- Gradually increase volume as baby grows
- Ready-to-use formula is recommended for the first 4 months. Powdered formula can be used after 4 months.
- When mixing powdered formula, follow the package directions carefully, using sterile water and sterilized equipment

Jaundice

- Most babies have some yellowing of the skin from days 2–4
- See your doctor if there is any jaundice
- See your doctor if baby seems very sleepy, is difficult to rouse and has decreased urine output or feeding

Sleeping

- Baby should sleep on his or her back
- Change position nightly

Umbilical Cord

- Keep area open and dry to assist in normal healing
- Clamp and cord should fall off by 21 days
- See your doctor if there is any redness or discharge

Pain Relief

- Ibuprofen (Advil or Motrin), 200 mg, 1 to 2 tabs every 6 hours, if needed
- Acetaminophen (Tylenol), 500 mg, 1 to 2 tabs every 6 hours, if needed

Sutures

- Should dissolve within 6 weeks
- Pain should decrease every day
- See your doctor if you have increasing pain, redness or discharge from the wound
- Staples are removed by a public health nurse 4 days after a cesarean delivery

Flow

- Moderate to heavy menstrual-like flow for the first week is common
- See your doctor if you are soaking a pad every 2 hours or having persistent clots
- Flow should slowly decrease over 6 weeks
- See your doctor if flow increases or an odor develops

Mood

- Although this may be the happiest time of your life, many women feel inexplicably sad or anxious in the first 7–10 days
- Talk to your doctor if you or your partner are concerned about mood changes and your ability to cope

Office Visits

- After you have your baby, please call the clinic to cancel any further prenatal visits that may have been booked. Please book an appointment at the PCN Wellness Centre for you and your baby 7–10 days after birth.
- If you have a family doctor, your baby will be discharged from our care after his or her 7–10 days' postpartum appointment. If you do not have a family doctor, we will continue to care for your baby up to 6 weeks' postpartum. We encourage you to look for a family doctor during your pregnancy. Please ask the administrative staff at the front desk for a list of doctors accepting patients.

Baby's Visit

- Your baby will be undressed to be weighed and examined, so please bring a blanket, a clean diaper, and wipes.

