



جامعة الإمام عبد الرحمن بن فيصل  
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## Postnatal Care



# What instructions should I follow after childbirth?

## 1. Comfort:

In your postpartum period, you should be away from body and mind stress. You can move lightly from the first day, hours after birth, and then gradually increase your activities.



## 2. Sports:

You can exercise from the second day after the natural birth, as it helps tighten the abdominal muscles and return them to their pre-pregnancy shape.



# What instructions should I follow after childbirth?

## 3. Personal Hygiene:

You must take care of your personal hygiene, especially the genital area, by:



- Washing the area with warm water and a body cleanser or water and salt
- Keeping the area as dry as possible by changing the pads periodically
- In cases of injury to the perineum area, keep the area clean with an antiseptic substance diluted with warm water 3-4 times a day, especially after defecation, and to use bath tubs to sit in for 15 to 30 minutes once or twice a day for ten days.

# What instructions should I follow after childbirth?

## 3. Personal Hygiene:



Attention:



If you feel severe pain in the perineum or there is a swelling in the wound, you should see a doctor as soon as possible.

## What instructions should I follow after childbirth?

### 4. Diet:

During the postpartum period and breastfeeding, make sure to have good nutrition. your food should contain basic elements such as proteins, sugars, vitamins and iron, as well as a lot of fluids to avoid constipation. You should also avoid drinking caffeine such as tea and coffee because they may affect the child if he is breast-fed. Also, use vitamins and iron pills after consulting your doctor, in order to avoid anemia during the postpartum period.



## What instructions should I follow after childbirth?

### 5. Breastfeeding:

Because breastfeeding is better than formula feeding, you should take care of the breast and the nipple before birth by massaging the breast, also while breastfeeding by removing the dried milk on the nipple and cleaning it before feeding, you should consult a doctor in case of breast hardness and cracked nipple, You need to massage the nipple with your thumb and forefinger To keep it soft and ready for feeding and to ensure good milk flow.

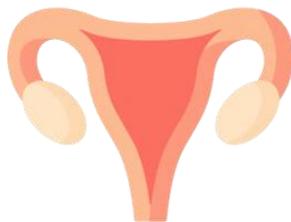


## What instructions should I follow after childbirth?

### childbirth?

#### 6. Observation of vaginal secretions:

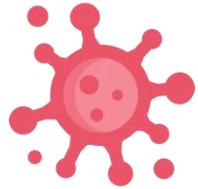
These secretions come out of the uterus after childbirth, which is called puerperal blood, and it lasts from 3-4 weeks and may last up to 6 weeks, and may vary in color, in the first week it is red containing small blood clots, then gradually reduces in the second week to be mixed with a yellow mucous substance, then turns to odorless yellowish-white.



## When should I visit a doctor when seeing vaginal secretions?

You should consult your doctor in the following cases:

- A change in the smell of secretions, which indicates the presence of microbial infections in the reproductive system and needs quick treatment before it turns into puerperal fever.



- If the uterus secretions continue for more than six weeks after childbirth.

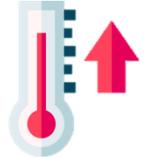


- If the bloody secretions continue for more than two weeks or if it stops for a period of time then appears again, this usually is a result of the presence of remnants of the placenta or its membranes or infections.



## When should I visit a doctor when seeing vaginal secretions?

- Constant fever indicates the presence of infections, either in the reproductive system or urinary system, or as a result of hardening or inflammation of the breasts, or a clot in the legs blood vessels.



# What instructions should I follow after childbirth?

## 7. Doctor's visits:

If you had a normal birth, you should visit your doctor after 6 weeks to get the necessary tests done.

But if you suffer from a chronic disease such as diabetes and blood pressure, you need to visit the doctor in the third week after the childbirth so that the necessary laboratory and clinical tests are done, such as checking blood pressure, breast and urine, as well as examining the blood vessels of the legs.



## In which cases should I visit my doctor immediately after the childbirth?

- Sever pain in the lower abdomen.



- Having fever after the first day.



- Abnormal changes in uterine secretions in terms of smell, quantity and color.



- Hot urine, frequent urination or difficulty passing urine.



## In which cases should I visit my doctor immediately after the childbirth?

- Pain in the breasts, cracking in the nipple, or redness on the surface of the skin of the breast.



- Severe leg pain or sudden swelling in the leg due to the possibility of having a clot in the blood vessels of the leg.



- When suffering from psychological diseases such as nervous tension or psychological depression because these cases may extend to depression, mania, mental and physical disorders and may extend to cases of schizophrenia.





### Note:

You have to know your blood type because after childbirth or abortion, you must take an injection of anti-Rh factor to prevent the formation of antibodies to the blood type, because these antibodies may lead to the breakdown of the red blood cells of the fetus itself or when the following pregnancy, which may cause severe anemia of the fetus, that leads to his death.



### Attention:

In case you did not receive anti-German measles vaccine or you are not immune to the German measles, it is the best time to take the vaccine immediately after childbirth, make sure to avoid being pregnant for four months after that, because infection with this disease during pregnancy, especially the first period of it, causes deformities to the fetus.

# What are the contraception ways?

There are temporary ways and permanent ways

## Temporary ways:

### 1. Preventing sperm from reaching the uterus:

- Insolation.
- Use of diaphragms to cover the cervix.
- Use of spermicidal ointments.
- Use a condom.



### Note:

The failure rate of these methods reaches 30%, and this percentage can be reduced when using mechanical things such as diaphragms with ointments to 25%.

# What are the contraception ways?

## 2. Rhythm method:

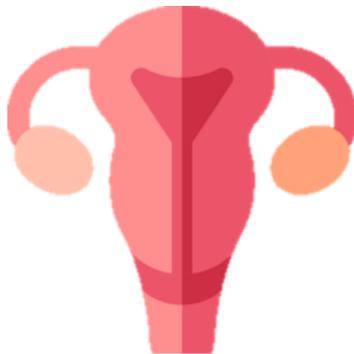
By abstaining from intercourse during the ovulation period, the success of this method depends on the regularity of the menstrual cycle, and the failure rate in this method is 7%.



## What are the contraception ways?

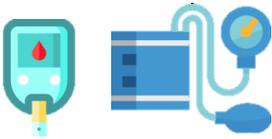
### 3. Preventing the ovaries from releasing an egg:

This is by using birth control pills or using Injections, and you must visit your doctor before starting to use the pills and after that until the necessary tests are done.



## What are the contraception ways?

In the following cases, you must never use the method of preventing the ovary from secreting an egg:



Diabetic or hypertensive

Blood coagulation



Migraine headache

Liver failure



Older than 35 years old

Have had Jaundice



# What are the contraception ways?



## 4. Intrauterine Device IUD:

Their types differ, but they work in the same way, which is to prevent the fertilized egg from settling in the wall of the uterus. This type also has complications, which are as follows:

- Frequent bleeding.
- Severe pain.
- A perforation of the uterus.
- Recurrent infections and ulcers in the cervix.
- An ectopic pregnancy.
- Pregnancy rate 6%.

## What are the contraception ways?



### 5. Intrauterine Device IUD:



Attention:

When the IUD is inserted, you must consult your doctor constantly to avoid IUD movement and complications, and it must be changed **every 3 to 5 years**, depending on the type and duration of the termination of the IUD.

# What are the contraception ways?

## Permanent ways:

This will be done by surgical interventions.



### Sources and References:

All pictures used from Flaticon.com and Freepik.com

### Review and audit:

The content of this booklet has been reviewed by

Obstetrics and Gynecology Consultants at King

Fahad University Hospital.

## Health Awareness Unit

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