

POST-PARTUM CARE INSTRUCTIONS

Now that your baby is born, you are naturally relaxed and will have a sense of elation and well-being. We need to stress to you the importance of faithful monitoring of temperature and other signs to ensure the best outcome of your post-partum period. Please record your findings and activities on this sheet as indicated. You don't have to fill anything in if there is an X in the box. If there is a ? in the explanation, fill in yes or no. Otherwise, fill in the information asked for. If you have any questions or concerns, please call.

	Day	1	2	3	4	5
MOM						
Temperature 1					X	X
Temperature 2					X	X
Energy Level -						
1=low, 2=moderate, 3=good		X	X	X	X	X
Blood loss -						
1=light, 2=moderate, 3=heavy		X	X	X	X	X
Urinating?						
B. M.?						
Check Uterus?					X	X
Breasts -		X	X	X	X	X
Colostrum or Milk						
Herbal Bath?						
Kegal Exercises (50)?						
BABY						
Temperature 1					X	X
Temperature 2					X	X
Urinating?						
Meconium? Stool?						
Sun Exposure (if Jaundiced) -		X	X	X	X	X
1st 20 minutes?						
2nd 20 minutes?						
Check Cord?						