



Discharge Instructions

ROUND LIGAMENT PAIN PELVIC PAIN

“HEAT, HYDRATION, SUPPORT, and REST!!”

- Make sure you consume at least eight glasses of water a day.
- Invest in a pregnancy belt early in the second trimester. It helps to support the ligaments, the growing uterus, and the lower back.
- Utilize heat in the form of a heating pad, (homemade or store-bought) AND a warm bath or shower.
- Make sure you are taking frequent rest periods throughout the day.
- If you are on your feet a lot, when you do lay down, elevate your legs to a position higher than your heart.
- Consider chiropractor if pelvic or hip pain is
unrelieved with above recommendations.