

Congratulations on your SPECIAL DELIVERY!!!

RECOMMENDATIONS FOR YOUR Post-Partum Recovery

1: You are on Vacation for the first two weeks. No lifting anything heavier than your baby.

2: ONLY Showers for the first two weeks. No BATHS.

3: Stay on top of your pain control. If you can rate it a 5 or greater, take your medicine.

4: Nothing in the vagina for 4-6 weeks, especially if you had a laceration/episiotomy. No sex, no toys, no tampons.

5: Physical Activity: Light walking, no heavy aerobics, no cross fit, nothing strenuous!

6: Your SELF-CARE is important. Ask for help!



DON'T FORGET TO SCHEDULE YOUR POSTPARTUM APPOINTMENT