

Postpartum Care Instructions

Created & Provided by Dr. David Crawford, Prepare2Thrive.com / SailToSafety.com

This guide is designed to help mothers and newborns manage their care effectively in challenging environments.

For the Mother

1. Rest and Recovery:
 - Prioritize rest to aid recovery.
 - Limit physical activity for the first few days; gradually increase as you feel stronger.
2. Monitor Bleeding:
 - Expect some vaginal bleeding (lochia) for several weeks.
 - Use sanitary pads; avoid tampons.
 - Contact a healthcare provider if bleeding becomes heavy (soaking a pad in an hour) or has large clots.
3. Perineal Care:
 - Clean the perineal area gently with warm water after using the toilet.
 - Use a clean, soft cloth or peri bottle.
 - Apply ice packs to reduce swelling for the first 24 hours, then switch to warm packs.
4. Pain Management:
 - Take over-the-counter pain relievers like acetaminophen or ibuprofen as needed.
 - Use prescribed medications if available and necessary.
5. Breast Care:
 - If breastfeeding, ensure a proper latch to prevent nipple soreness.
 - Use lanolin cream or expressed breast milk on sore nipples.
 - If not breastfeeding, wear a supportive bra and avoid stimulation.
6. Signs of Complications:
 - Seek medical attention if experiencing:
 - Severe abdominal pain.
 - Fever above 38°C (100.4°F).
 - Foul-smelling discharge.
 - Symptoms of deep vein thrombosis (leg swelling, pain).
7. Emotional Well-being:
 - Monitor for signs of postpartum depression (persistent sadness, anxiety, mood swings).
 - Seek support from family or peers; consider professional help if needed.

For the Newborn

1. Immediate Care:
 - Ensure the newborn is kept warm; skin-to-skin contact helps.
 - Dry the newborn thoroughly and cover with a warm blanket.
2. Feeding:
 - If breastfeeding, feed on demand, about every 1-3 hours.
 - If formula feeding, follow the guidelines for preparation and feeding intervals.
3. Cord Care:
 - Keep the umbilical cord stump clean and dry.
 - Avoid submerging in water until the stump falls off (usually within 1-3 weeks).
 - Contact a healthcare provider if the area becomes red or smells foul.
4. Monitoring:
 - Keep an eye on the newborn's temperature; maintain warmth but avoid overheating.
 - Watch for feeding cues and ensure the baby is latching well.
5. Signs of Complications:
 - Seek medical help if the newborn exhibits:
 - Difficulty breathing.
 - Jaundice (yellowing of the skin or eyes).
 - Poor feeding or lethargy.
 - High fever (above 38°C or 100.4°F).
6. Hygiene:
 - Bathe the newborn with sponge baths until the cord stump falls off.
 - Keep nails trimmed to avoid scratches.
7. Follow-up Care:
 - Arrange for a follow-up checkup for both mother and baby as soon as possible.
 - Ensure vaccinations and well-baby visits are planned.

Keep a list of emergency contacts, including local healthcare providers or telemedicine services if available.

Emergency Birth Record

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General Information

Date of Birth: _____
Time of Birth: _____
Location of Birth: _____

Mother's Information

Mother's Name: _____
Mother's Age: _____
Gestational Age (weeks): _____
Complications During Pregnancy: _____

Labor and Delivery Information

Onset of Labor: _____
Duration of Labor (hours): _____
Mode of Delivery (circle):

- Vaginal
- Cesarean
- Assisted (forceps/vacuum)

Complications During Delivery: _____

Newborn Information

Gender (circle): Male / Female / Unknown
Weight at Birth: _____ grams / pounds
Length at Birth: _____ cm / inches
Apgar Score: _____
Complications with Newborn: _____

	INDICATOR	0 POINTS	1 POINTS	2 POINTS
A	Appearance (skin color)	Bluish-gray and/or pale	Body normal color, blue extremities	Body normal color all over, pink extremities
P	Pulse (heart rate)	Absent (no pulse)	Below 100 bpm	Normal (above 100 bpm)
G	Grimace ("reflex irritability")	No response to stimulation	Facial movement only (grimace) with stimulation	Pulls away, sneezes, coughs, or cries with stimulation
A	Activity (muscle tone)	No movement, limp, "floppy" tone	Flexed limbs, little movement	Active, strong, spontaneous movement
R	Respiration (breathing rate and effort)	Absent (no breathing)	Slow or irregular breathing, weak cry	Normal rate and effort, vigorous cry

Postpartum Care

Mother's Condition Postpartum: _____
Newborn's Condition Postpartum: _____

Additional Notes