

Postpartum Care

Rest

- It is important to have adequate rest as it promotes recovery.
- It is recommended to manage time in an orderly manner. Share housework with family if necessary.

Personal Hygiene

- Shower is allowed after delivery. It is necessary to pay attention to the water temperature. Avoid getting a cold as much as possible.
- Wet hair should be blow dried immediately after shower.
- Clean your body as usual. There is no special need to clean the breasts for breast-feeding.

Swollen Breasts

- One might have breasts filling starting normally from the 3rd day after delivery.
- For breastfeeding mothers, try encourage baby's sucking.
- For others, irritation to the breasts should be minimized as much as possible. Also, tight bras with higher support should be worn.

Diet

- A balanced diet is recommended.
- Fresh vegetables, fruits and plentiful intake of water are highly recommended.
- Alcoholic beverage and Chinese herbals should be avoided.

Exercise

- Mild exercises help strengthen muscles and joints which in turn promote revolution of the uterus and prevent urinary incontinence.
- Some light exercises are allowed on the next day after delivery.
- Post-natal classes are conducted regularly at our hospital. The physiotherapist will provide instructions as to when exercises involving waists can be resumed.

Vaginal Discharge (Lochia)

- Vaginal discharge might persist for 2 to 6 weeks.
- Maternity sanitary pads designed for new mums should be used.
- The discharge will gradually taper off, changing from bright red to pink and then fade off.

Menstruation

- Menstruation will resume in the 4-8 weeks after delivery.
- The first few menstruations after childbirth might differ with those before in terms of quality and quantity.
- Menstruation might come late for those who breast-feed.

Contractions

- Contractions, sometimes called after pains, might take place. Pain reliever can be taken if necessary.
- Massaging the uterus will facilitate vaginal discharge.
- Revolution of the uterus will need 6 to 8 weeks.

Vaginal Soreness (for NSD)

- If one has an episiotomy or vaginal tear during delivery, use a squirt bottle filled with water or shower spray to rinse the vaginal opening (from fore to rear) after using the toilet. Keep the wound clean and dry.
- Change the sanitary pads frequently.

Abdominal Wound (for Caesarean Section)

- Keep the wound clean and dry as much as possible.
- Pay close attention to inflammatory symptoms such as redness, swelling, hotness and pain at the wound.

Mood Changes

- As triggered by hormones, mood swings, irritability, anxiety and sleep problems are common among new mums.
- These symptoms normally subside within a short period of time.
- Adequate rest, support and care from husband and family help relieve stress experienced by new mums.
- On the 10th day after delivery, the hospital will send you the "Edinburgh Postnatal Depression Scale" (EPDS) via SMS. Please answer the questions truthfully and send the EPDS back to the hospital afterwards. Then, the medical staff will be notified of your emotional condition; and, if necessary, a counsellor or specialist will be referred for follow-up consultations and treatments.

The Postpartum Checkup

- The first follow-up consultation will usually take place in the 1st to 2nd week after childbirth.
- The attending obstetrician will conduct a postpartum checkup in about 6-8 weeks after delivery.
- Sexual intercourse can be resumed if the checkup shows that one has fully healed after delivery.
- It is recommended to formulate a comprehensive family plan with your husband with reference to the doctor's advices.

Support Hotlines

- Baby Friendly Hotline: 2838-7727
- Department of Health - Breastfeeding Hotline: 3618-7450
- Breastfeeding Mothers' Association: 2540-3282
- Union Hospital: 2608-3388

QR Code Index

(1) Baby Care Audio-visual Resources

**Skills in
burping**

<http://s.fhs.gov.hk/a6jne>



**Changing nappy
for baby**

<http://s.fhs.gov.hk/qa1in>



**Baby
bath time**

<http://s.fhs.gov.hk/e2qs0>



**How to clean
your baby's eyes**

<http://s.fhs.gov.hk/oxqji>



**Cleaning umbilical cord
for newborn**

<http://s.fhs.gov.hk/fxr8h>



**Love, Starts from
Breastfeeding**

<http://s.fhs.gov.hk/ymavo>



**What you need to know
about breast pumps**

<http://s.fhs.gov.hk/77pgb>



(2) Postnatal Audio-visual Resources

Postnatal Exercises



Postnatal Mental Health

https://www.fhs.gov.hk/english/health_inf_o/woman/14750.html



**Post Caesarean Section
Wound Caring**



(3) Baby Information

Birth Registration



Online Birth Registration

<http://www.immd.gov.hk/ebirthreg>



Discharge FQA



(4) Union Baby Club and Terms & Conditions



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