

Frauenklinik

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Going Home after Birth

We hope that you have recovered well with us! Here are some general instructions to guide you from delivery until your postpartum appointment.

1. The postpartum period lasts up to 6 weeks after birth. Until then, or until the vaginal discharge is no longer bloody, we recommend:
 - Not using tampons
 - Use sanitary pads without plastic coating
 - No bathing in public swimming pools
2. You should not lift more than 5-10kg for the first two weeks after birth.
3. If you had a birth injury, we recommend that you change the sanitary pad at regular intervals and rinse the stitches with water, especially after using the toilet. The stitches will dissolve on their own.
4. If you had a caesarean section, we recommend that you wait at least one year before becoming pregnant again.
5. You may experience urinary or stool incontinence after giving birth. Involuntary urine loss after birth is very common and usually goes away by itself. If this is not the case, please contact your gynaecologist. Stool incontinence should be investigated immediately.
6. Sexual intercourse is possible again when you feel ready and the birth injury has healed. Breastfeeding is not a form of contraception. Further contraception will be discussed at the follow-up visit with your gynaecologist. We recommend the use of condoms until this visit.
7. The follow-up visit with your gynaecologist should take place about 6 weeks after birth; you will have to make this appointment yourself.
8. Please check your breasts for redness and hardening. If you have any problems breastfeeding, please contact a lactation consultant as soon as possible.
9. It is usually desirable to return to pre-pregnancy body weight within 6-12 months.
10. Physical activities are possible after birth as long as they do not cause pain. 2-3 weeks after birth we recommend light pelvic floor training; 6-8 weeks after birth we recommend a postnatal recovery gymnastics program. You can then resume your usual training.
11. In the postpartum period, sad moods or mood swings may occur. If these persist for more than two weeks or are overwhelming, it is important to contact a person you trust and seek professional support. Fathers can also be affected by postpartum depression.

12. In the event of a subsequent pregnancy, good hand hygiene is of particular importance, as well as avoiding contact with your young child's bodily fluids. Please consult your gynaecologist for information about cytomegalovirus (CMV) infection.
13. Please contact your gynaecologist if you experience any symptoms or problems such as:
 - Redness, swelling and increasing pain in the area of the birth injury
 - Increasing lower abdominal pain
 - Foul-smelling or increased bleeding
 - Fever
 - Problems with urination

In case of emergency, please call 052 266 30 30 (Notfall Gynäkologie KSW, House B, 4th floor).

We wish you all the best with your family and hope you will recommend our clinic to friends and family.

The medical team of the women's clinic



All the infos on our website (in German)