

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. **But any woman can have complications after the birth of a baby.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



<p>Call 911 if you have:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pain in chest <input type="checkbox"/> Obstructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or your baby
<p>Call your healthcare provider if you have:</p> <p>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher <input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes



Tell 911 or your healthcare provider:

"I had a baby on _____ and
(Date)
I am having _____."
(Specific warning signs)

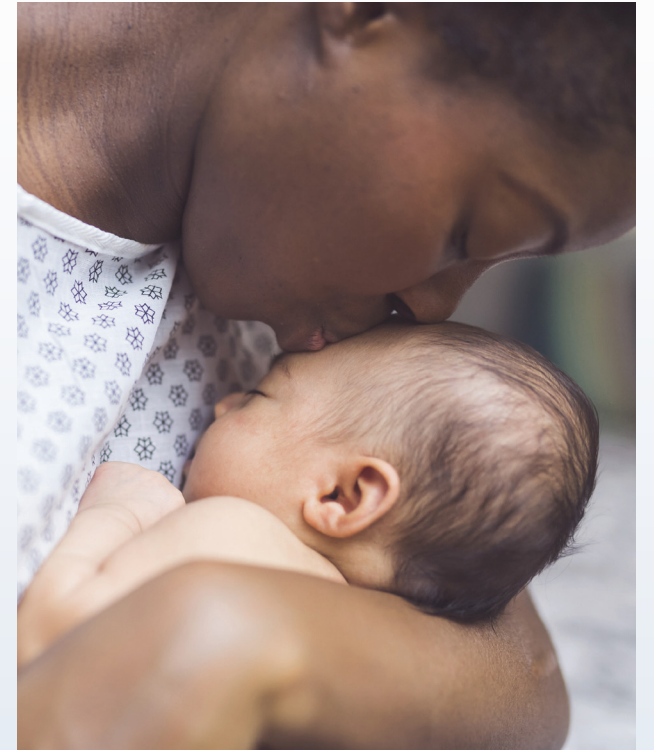
These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or your baby** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy or C-section site may mean you have an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge** may mean you have an infection
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia

GET HELP My Healthcare Provider/Clinic: _____ Phone Number: _____
Hospital Closest To Me: _____

Enhanced Recovery after Cesarean Surgery Patient Recovery Guide

Welcome to the Enhanced Recovery after Cesarean Surgery program at Saint Barnabas Medical Center. Enhanced Recovery is an evidence-based approach designed to help people recover more quickly from surgery, including caesarean surgery. Our enhanced recovery program aims to help you be well enough to go home from the hospital as soon as you are ready, which is typically on the third day (this includes your delivery day). This booklet explains the care you can expect to receive prior to your delivery, the day of your delivery, and during the first few days following your baby's birth. During this time, we will work closely with you and your birth partner to help ensure a safe and speedy recovery.



Be Involved In Your Care

Saint Barnabas Medical Center is a highly reliable organization, which means our number one priority is to keep you safe. We ask our patients to become involved in their plan of care which will allow for better communication, and will create an environment in which our patients feel informed, involved, and most of all safe.

We encourage you to be an active participant on your health care team by doing the following:

- ▶ Learning about your procedure and how you can become involved in your recovery
- ▶ Speaking to your nurse about any pain or discomfort to ensure effective pain management
- ▶ Always advocating for your safety by:
 - ▶ Asking questions
 - ▶ Making sure anyone who comes into your room has washed their hands, this includes hospital staff as well as visitors
 - ▶ Making sure your hospital armband has been scanned prior to medications being given to both you and your baby
 - ▶ Reviewing any allergies with your health care team
 - ▶ Always speaking up if something doesn't seem right to you



Saint Barnabas Medical Center

RWJBarnabas HEALTH

Let's be healthy together.

	Evening before Surgery	Morning of Surgery	Immediately following Surgery	Day 1 following Surgery	Day 2 through Discharge	At Home
Nutrition	Stop eating solids 8 hours prior to your scheduled surgery; you can continue drinking clear liquids	Stop drinking clear liquids 2 hours prior to your arrival to the medical center	Clear liquid diet and then you will advance to regular diet after 6 hours	Regular diet Stay hydrated	Regular diet Stay hydrated	Regular diet Stay hydrated
Activity	Normal daily activity and remember to get a good night sleep		Approximately 3-6 hours after your surgery your care team will help you up to a chair Chew gum 3 times daily to help restore bowel mobility	Out of bed at least 3 hours per day. Walk at least 3 times a day in room/hallway Chew gum 3 times daily to help restore bowel mobility Avoid heavy lifting	Out of bed at least 4 hours per day. Walk at least 3 times a day in room/hallway Chew gum 3 times daily to help restore bowel mobility Avoid heavy lifting	Continue to progress ambulation and normal activities of daily living Avoid heavy lifting and driving as instructed by your physician
Pain Management			Communicate pain with your nursing team Low opioid pain management regimen	Communicate pain with your nursing team Continue with low opioid pain management regimen	Communicate pain with your nursing team Continue with low opioid pain management regimen	Continue low opioid pain management regimen post discharge.
Respiratory			Incentive Spirometer 10 times each hour when awake	Incentive Spirometer 10 times each hour when awake	Incentive Spirometer 10 times each hour when awake	
Skin and Oral Care	Shower using chlorhexidine body wash	Shower using chlorhexidine body wash		Shower Brush teeth	Shower Brush teeth	Continue normal daily hygiene



Clear Liquid Recommendations

- ▶ Water
- ▶ Apple Juice
- ▶ Cola
- ▶ Gatorade
- ▶ Black Tea
- ▶ Black Coffee

****No Dairy****

Frequently Used Phone Numbers

Pediatrician's Office:

OB/GYN's Office:

Lactation Consultant:
973-322-5684

NJ Speak Up (Postpartum Depression):
800-328-3838

SBMC Emergency Room:
973-322-5180