

Information for New Mothers

לאחר לידה ראשונה

After First Delivery

Dear Mother, Congratulations!

The staff of the Shaare Zedek Medical Center is happy to accompany you and to be at your side at such exciting moments.

We have collected information on relevant topics for you, for the upcoming days. You will surely have additional questions beyond what you will find here – we will be happy to endeavor to answer them.



A. Mobility

Getting out of bed for the first time after giving birth is to be done only with a nurse.

Do not try to get out of bed by yourself without a nurse's help.

That being said, it is very important, after getting out of bed for the first time, to move around as much as possible.

Movement is important for preventing the formation of blood clots and for proper function of the digestive system.

If you feel dizzy – consult the nurse.



B. Bleeding

After giving birth, the uterus begins to contract in order to return to its original size. This results in bleeding from the open blood vessels where the placenta connects to the inner wall of the uterus. During the first few days the bleeding is significant, and there might also be blood clots. The bleeding will lessen until it stops altogether around six weeks after delivery, perhaps even before then.

C. Perineum care

✓ If you required postpartum suturing of the perineum: it is recommended to wash the stitches several times a day. Use every visit to the toilet as an opportunity for washing.

✓ Alleviating pain and swelling in the perineum:

- ♥ Frozen pads are available in the Department for you to use. Ask the nurse where you can find them.
- ♥ Esracain (lidocaine) gel – a mild local anesthetic – ask the nurse in case of need.



D. Preventing constipation

Constipation and difficulty passing stool are common after giving birth and may cause pain around the anus, and hemorrhoids. To prevent these symptoms:

- ♥ Drink plenty of fluids.
- ♥ Consume a great deal of fiber: whole flour, whole-grain rice, fruits and vegetables.
- ♥ Prune juice helps to increase intestinal activity. Ask the nurse in case of need.

If, despite all measures, constipation begins to develop, you may use laxatives such as glycerin suppositories and a small enema.

Remember: stitches do not open during defecation.



E. Breastfeeding and breast milk

Every mother has breast milk. Breast milk is the optimal food for your baby.

Breastfeeding is a learning process that requires patience and practice.

- ♥ The yellowish colostrum, the first breast milk, comes in small amounts but is very rich in protein and antibodies. A small amount of colostrum is enough to feed the baby. Colostrum helps your baby cope with its new world.

Expected amounts of colostrum:	First day 2-10 ml	Second day 5-15 ml	Third day 20-23 ml
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- ♥ In the first few days, your baby may want to feed frequently. Feed it as much as it wants. If the baby shows no signs of hunger – offer to feed every 3 hours. On the first day you should feed 6 times at least, and starting on the second day – 8 to 12 times.
- ♥ While breastfeeding, you will feel pain due to uterine contraction following the release of the hormone oxytocin/prolactin, responsible for producing milk. You can ask the nurse for painkillers.
- ♥ It is recommended to breastfeed with your baby lying on you, without clothing (skin-to-skin contact), covered with a blanket. This way, your baby feels your body and smells you – its reflexes are stimulated and it will awaken from its drowsiness, open its mouth wider and attach to your breast more efficiently, which will cause less pain. **The baby does not get cold during skin-to-skin contact. On the contrary: your body heat maintains the baby's better than anything else.**
- ♥ Make sure the baby sucks with all or most of the areola in its rounded mouth and with its lips pursed outwards. Breastfeeding like this will prevent pain and wounding of the breast, and will enable optimal milk flow to the baby. In the first two days, a sensation of continuous sucking movements is evidence that the baby is receiving the milk. The more you breastfeed, the more milk your body produces.
- ♥ Starting on the third day, a sensation of fullness in the breast is expected and you will hear the sound of the baby swallowing.
- ♥ You can also feed babies that do not attach well to the breast, by squeezing several drops of colostrum onto a spoon, and dropping the colostrum directly into its mouth.

Comprehensive professional training on breastfeeding is given several times a week by our breastfeeding consultant in the dining room, during the morning hours.

The Department's nurses and breastfeeding consultants are available to help you 24/7.

We congratulate you wholeheartedly!