

## Well-being of the mother after the birth

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Bleeding</b>	Like a heavy menstruation	Bleeding will slowly settle, ring if you experience a fever above 38.0°, if bleeding increases or clots.					
<b>Vaginal tear</b>	Tenderness can be eased with an icepack, tablet Paracetamol and tablet Ibuprofen. Rinse with lukewarm water after toileting.	Rinse with water after toileting. Use icepacks and pain relief if needed. Start doing pelvic floor exercises.			Assess tear in a mirror.		
<b>Breasts</b>	Colostrum can be expressed by hand. Offer free access to the breast, put baby skin-to-skin.	Colostrum can be increasing. Breastfeed a minimum of 8-12 times in a 24-hour period		May experience some breast tension. Breastfeed a minimum of 8-12 times in a 24-hour period.		Milk has come in or is about to. Breastfeed a minimum of 8-12 times in a 24-hour period. There should be audible swallows.	
<b>Afterpains</b>	Felt especially while breastfeeding, can be relieved by tablet Paracetamol (max 1 g every 6 hours) and tablet Ibuprofen (max 400 mg every 8 hours).						
<b>Food and drink</b>	Drink plenty of fluid and eat a varied healthy diet.						
<b>Sleep</b>	Rest or sleep when baby sleeps.	Rest or sleep when baby sleeps.					
<b>Urination</b>	Empty your bladder at least every 4 hours, until you feel in complete control of your bladder.						
<b>Mood</b>	Typically tired after the birth.			Mood is affected by hormones and can change regularly until the milk comes in.			
<b>Contact</b>	Emergencies: i.e. fever above 38.0°, smelly discharge, increasing pain and heavy bleeding call: <b>the maternity unit: 38 62 24 10</b> Issues with breastfeeding: <b>Ammeambulatoriet</b> from 8am-10am: <b>38 62 34 34</b>						

This chart is produced by Fødeafdelingen Hvidovre Hospital (2021)