



Waxbarashada Bukaanka

Waxbarashada Xilliga Dhalmada

**Daryeelka Naftaada iyo
Carruurtaada**



Daryeelka Naftaada Kaddib Marka aad Dhasho

Hambalyo adiga iyo
Ilmahaaga Aan kugu
hambalyeynayno
dhalashada Ilmagaaga ee
University of Washington
Hosbitaalkeeda! Imika
Uur ma lihid. Wax badan
ayaa iska kaa badalay.
Tusaalooyinkani waxay
Kuu sheegayaan waxa iska
badlay jidhkaaga.

Maalmaha Hore ee Guriga aad Joogto

Mid ka mid ah Shaqaalaha kalkaalisada iyo Ilmaha ayaa ku soo wici doonta oo ku wareysan doonta sida aad tihiin adiga iyo ilmuhu. Wax kasta oo su'aal ah waa ay kaaga jawaabi doonaan. Waxaa lagu samayn doonaa kalkaalisada kugu soo booqda guriga hadii ilmahaaga laga fasaxay dhakhtarka 48kii saacadood ee ugu horeeyay dhalmada kadib oo aad ku nooshahay dagmada King or Snohomish. Waxaan rabnaa maalmaha hore ee aad dhasho in aad adiga iyo ilmuhuba raaxo heshaan.

Daaweynta Kaddib Marka aad Dhasho

Waxaad u baahan tahay in aad sameysato ballan, oo aad u tagto qofka ku daaweeya kaddib marka aad dhasho:

- Haddii aad caadi u dhashay(saxaaxa ka dhashay) or ama lagugu qalay, samee booqashadan 6 usbuuc kadib dhalashada, ilaa oo uu adeegahaagu kaa dalbado inaad hore u timaado mooyaane.
- Haddii adeegahaagu yahay kalkaalisada umuliso ah, samee booqashadan 1 ama 2 usbuuc, iyo markale 6 usbuuc dhalashada ka dib.

Dhakhtarkaaga ayaa hubindoona in aad si buuxda uga bogsatey dhalmadii iyo uurkii. Ha ka maqnaan balamaha qayaha weyn!

Xanuunka Ilma galeenka

Waxaa laga yaabaa in calooshu ku xanuunto (ilma galeenka), dhowr cisho kaddib marka aad dhasho dabadeed. “Xanuunyadaa” waxaa keenaa waa ilma galeenkii oo sii yaraanaya awgeed, oo ku noqonaya intii markii hore uu ahaa. Xanuunkaasi waxaa uu badan yahay 2-da ama 3-da cisho u horreeya, waanu yaraadaa marka dambe.

Haddii aad ilmaha naaska jaqsiineyso, waxaalaga yaabaa in ay xanuunadaasi kugu bataan, ama marka aanu kaasi aheyn ilmihii ugu horeeyey. Haddii aad si dabacsan, oo aayara aad u neefsato, oo aad is dul saarto baakado kulul waxaa laga yaabaa in ay ku caawiyaan. Waxaa laga yaaba in dhakhtarku ku yidhaa waxaad cuntaa ibuprofen (Motrin, Advil, Nuprin), dawooyinka xanuunka.

Ibuprofen waa daawo aan dhibaato kuu keeneyn marka aad ilmaha naaska jaqsiinayso. Ha qaadanani tanka/xadiga laguugu talo galay in kabadadan. Haddii aad u baahato xanuun bi' in badan, wac dhakhtarkaaga. Dhiigbaxu waa dhibaataada marmarka dhacda ee isticmaalka ibuprofen leedahay. Haddii aad leedahay dhiig badan oo sibiisha ka imanaya ama dhiig roor badan inta aad qaadanayso ibuprofen, wac adeeg bixiyahaaga xaga caafimaadka.

Ilma galeenkaagu waxaa laga yaabaa in uu sii yaraado illaa lix asbuuc. Muruqyadaada caloosha waxaa laga yaaba in ay ku qaadato in ay intii caadiga aheyd ku soo noqdaan in ka badan lix asbuuc. Haddii aad haysato buuga *Uurka, Dhalamada ito Carruurta Cusub*, eeg bogaga 361 ilaa 362.

Bararka Naaska iyo Di'idda

Kaddib marka aad dhasho Naasahaagu waxa laga yaabaa in ay sameeyaan caano gaara, oo la yidhaa *colostrum*. Caanaha caadiga ahi waxey bilaabmaan hal illaa 3 cisho dabadeed.

Waxa laga yaabaa in ay kugu dhacdo naas barar iyo xanuun marka caanuhu naaska ku soo dhacaan (naasku caano ka buuxsamo). Haddii aad ilamaha naaska jaqsiiso, dibirada naasku wey kaa yaraanaysaa. Waxa laga yaabaa keeshaliga (candhasaabka) naas jaqsiintu in ay ku caawiso waqtigaasi, oo aad raaxo ka hesho.

Haddii naasuhu ku bararaan ama ay ku xanuunaan, ama aad dareynto waxyaala kale oo naas jaqsiinta ku saabsan, fadlan, la hadal dhakhtarkaaga ama Husbitaalka UWMC qeybta naas jaqsiinta, 206-598-4628.

Haddii aad u baahato in aad caanaha iska listo, dibirada naasku waxey qaadan doontaa dhowr cisho, illaa inta caanuhu kaa yaraanayaan. Keshaliga nuujinta, xirmooyin barafa oo duldhigto

naasahaaga, iyo gal/jaldi aad ku xidho laabtaada waxay caawisaa inay khafiifiso raaxo la'aanta/diiqada. Inaad xidho naasahaaga, tuwaal ku duubto ama qayb dheer oo maro ah si adag ugu duubto hareeraha laabtaada oo aad gunudo.

Waxa laga yaaba umulisadu ama dhakhtarku in uu kuu qoro daawada xanuunka. Daawooyinka lagu qalajiyo naaska lagulama taliyo iminka dadka.

Naasaha dumarka caruurta jaqsiiya iyo kuwa qarshada wax ku siiyaba, inta badan caano ayaa ka da'aa (daata). Mara jlicsan ama boqsahada Neerasda - nursing pad (aan laheyn plastic) candhsaabka gasho, si ay kaaga celiso in caanuhu marada aaney kaaga daadan. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 447 illaa 450 iyo bogagga 364.

Dhiiga Ibta ka Yimaad iyo soo Noqoshada Caadada

Kaddib marka aad dhaso dhiiga kaa yimaad waxa uu ka imanayaa meeshii mandheerto ku jirtey ee ilama galeyinka, iyo gidaarada ilma galeyinka.

Dhiigaasi maalmaha hore wuu casyahey waanu badanyahey. Markaana wuxuu isku badalaa casuus, dabadeedna madow. **Haddii dhiigaasi uu ur yeesho, waa in aad si degdeg ah dhakhtarkaaga ama umulisada ula soo hadashaa.**

Dhiigu wuu yaraadaa marka maalmuhu sii socdaan. Haddii dhiigu kugu bato ama uu noqdo casaan aadda mar labaad, waxaad u baahantahey in aad nasato wax badan. Waxa laga yaabaa in dhiigu kaa socdo illaa lix asbuuc kaddib marka aad dhasho. Buqshadaha dhiiga ama surwaalada ayaa wanaagsan in aad isticmaasho. Taambooniga, waxyaalaha dumarku isku buufiyaan, ama nadiifinta farjiga, ma lagu talinayo.

Haddii aad naasnuujiso ilmahaaga (oo aadan dhalada wax ku siin), caadadaada (dhiigga) ma ay billaabmayso dhowr bilood oo kale. Haddii aad qarsho wax ku siiso ilmaha waxa laga yaaba in caadadu kugu soo noqoto lix illaa 8 asbuuc.

Hadii aanay wax dhiiga kaa socon (8da wiig ee ugu horeeya kadib) oo aad nuujinayso 6 bilood ee ugu horeeya, inaad halis u noqoto inaad uur yeelataa waxay ka yartahay 2%. Waxa si adag laguugula talinayaa inaad isticmaasho dhalmo xakamayn markuu ilmahaagu dhasho ka dib. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 361 illaa 363.

Lug Bararka

Bararka luguu waa caadi marka aad dhasho. Waa in uu kaa tagaa 7 illaa 10 cisho gudahood. Waxaa laga yaabaa inaad u baahantahay inaad fadhiisato adigoo lugahaaga kor u tiirinaya is aad u caawiso inuu bararku dhaco. Wax dharra, ama kabo, kugu dhajisan ha xidhan. U sheeg dhakhtarka haddii uu jirro barar ama xanuun lugeed, ama casaan ka muuqda lugaha xagga hoose uu kaa tagi waayo.

Isbeddelka Dareenka

Fikirka dhalmada la xidhiidhaa (baby blues), waxa u sabab ah isbeddelka ku dhacay jidhkaaga, kaddib marka aad dhasho. Waxaad fadlan ka eegtaa *Niyad Jabka iyo Waxyaabo Dheeraad* ah, bogagga 33 illaa 40 ee buug warbixineedkan.

Daalka

Waxaad dareemi doontaa daal maalmo kadib dhalashada ilmahaaga. Dhalmada nafteedu waa hawl adag, oo tamartii keydka kuu ahayd qaadaneysa. Ilmahaagu waxaa laga yaaba in uu wax cuno dhowrkii saacadoodba mar, maalmaha iyo asbuucyada hore. Waa arrin ilaahay kuugu talagalay inaad dhowrkii saacadoodba in yar nasatid.

Waxaad isku deydaa in aad nasato intii suuragal ah. Yara seexo (indho casayso) markaad karto. Iska seexo marka ilmuhu seexo. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 365 illaa 366.

Jimicsiga iyo Waxqabadka

Si aayara inaad ugu soo noqoto waxqabadyadaada caadiga ahi waxay caawin doontaa inaad soo kabato iyo inay kaa ilaaliso inaad aad u daasho.

Asbuucyada hore, waxaad ku dadaashaa in aad naftaada iyo ilmahaaga dhaqaaleyso. Iska aqbal haddii dad ku yidhaahdaan waan ku caawineynaa! Haddii aad caawinaad u baahato dadka weydiiso.

Jimicsiyada Kegel

Jimicsiyada Kegel waxay caawiyaan bogsiga iyo xoojinta muruqyada saxxada hoose ee miskaha. Baro in aad sameysid marka aad kaadsheyso. Bilow kaadida, jooji kaadida adiga oo isku xajinaya muruqyada si adag. Inta aad kari karto isku xaji dabadeedna sii daa.

Isla muraqyadaa adkee, marna sii daa, marka xittaa aanad kaadsheyn, dhowr goor maalintii.

Jimicsiga Xooggan

Sug illaa inta aad gaareyso lixda asbuuc ee baaritaanka, inta aanad billaabin orodka, qalaama rogadka, ama jimicsi kale oo xoog leh. Eeg *Uurka, Dhalmada iyo Carruurta Cusub*, bogagga 138 illaa 143.

Ka Bogsashada Ilmada loo Yaqaan Episiotomy

Hadii aad leedahay qodobu lagu tolay markii u kuyimid dilaac sibiisha ama jeexid si loo kordhiyo meesha (jeexis uu kasameeyo saxaaxa dhinacjisa daryeelahaagu dhalista ka hor), waxaad aad ugu dajin kartaa naftaada:

- Dabadaada biya kulul dhex galiso, adiga oo isticmaalaya “meydhashada sitz”, ee kalkaalisadu ku siisey.
- Inaad u jiifsato ama u fadhiisato dhinac iyo inaanad toos u cadaadin qodobadan.
- Adiga oo ku isticmaala meelaha tolmada faashooyinka hazel pads (Tucks).
- Adiga oo qaata daawada xanuunka sida kolba uu kugula taliyo dhakhtarku.

Markasta oo aad masqusha isticmaasho waa in aad futada iskaga meydhaa biyo diiran. Isticmaal qarshada fiishta (squirt bottle) ee dhakhtarka lagaa siiyey. Tolmada waxaa uu kaa baabi’i doontaa dhowr cisho kaddib. *Eeg Urka, Dhalmada iyo Carruurta Cusub, bogagga 367 illaa 368.*

Babasiirka

Waxa laga yaabaa in uu kugu dhaco *babaasiir* (xididada dabada oo barara), marka uurku dhammaanayo. Marka aad dhaleyso waxaa laga yaaba in babaasiirku ku damqado. Inta badan babaasiirta timaada wakhtiga uurku way iska baaba’daa dhalista kadib.

Si xanuunku kaaga tago, waxaad badhida galisaa biya gaara oo ay ku siin doonto kalkaalisadu. Isticmaal faashadaha witch-hazel ee dawaysan (marooyin), ama dhiiqooyin. Waxaad cabtaa biyo badan waxaadna cuntaa khudrad badan si ay saxaradaada u jilcanaato oo ay si fudud u soo baxdo. Waxa laga yaabaa inaad hesho wax saxarada jilciya, dawo caawindoonta in calooshaadu jilicsanaato/dhaqaaqdo. Eeg boga 15 ee buugan, Calool istaaga, si aad u hesho xog badan. *Eeg Urka, Dhalmada iyo Carruurta Cusub, bogga 368.*

Nafaqada

Cuntada in aad iska ilaaliso si aanad u naaxin ma fiicna 6-da asbuuc ee hore. Waxaa laga yaaba in ay yareyso caanaha ama dhakhso aanad u bogsan. Dhakhtarkaaga kala hadal wixii kolba nafaqo aad u baahan tahay.

Waa ay adag tahay in aad si fiican wax u cunto, islamarkaana aad dhaqaaleyso ilmaha yar. Haddii aad waxyaala yar yar oo la cuno aad heysato, taas ayaa kuu wanaagsan. *Eeg Urka, Dhalmada iyo Carruurta Cusub, boga 368 ilaa 369.*

Su'aalo?

Su'aalahaagu waa muhiim. Haddii aad su'aalo ka qabtid sida aad isu daryeeli lahayd, waxaad wacdaa takhtarkaaga haweenka xilliyada uu xafiiska furan yahay. Marka uu xiran yahay xafiiska takhtarkaaga, waxaad wacdaa qaybta Foosha iyo Dhalmada.

Haddii aad su'aalo ama wallaac ka qabtid ilmahaaga, waxaad wacdaa takhtarka ilmahaaga. Xafiisyada badankooda waxay diyaar u yihiin in ay ka jawaab bixiyaan wallaaca degdegga ah 24-ka saac maalintii.

**Adeegyada Caanaha
Naaska: 206-598-4628**

**Foosha iyo Dhalmada:
206-598-4616**

**Haddii aad qabto
wallaac culus, waxaad
wacdaa 911.**

Daawada Feerada

Haweenka qaarkood waxaa suuragal ah in ay u baahdaan daawada feerada haddii ay qabaan dhiig yari ama unugyada dhiigga yar. Takhtarkaaga daryeelka caafimaadka ayaa kuu qori kara isagoo raacinaya fitamiin C-ga. Fitamiin C-ga wuxuu jirkaaga ka caawiyaa in uu feerada qaato.

Xilliga la Billaabay Falka Galmada

Dadka xaaska ah waa ay ku kala duwan yihiin xilliga la billaabay falka galmada. Qaarkooda waxay diyaar yihiin sida ugu dhaqsida badan oo suuragal ah ee dhalmada kaddib, qaar kalena waxay doortaan in ay sugaan oo waxaa suuragal ah in ay cabsi qabaan. Waxyaabo badan, oo ay ka mid yihiin xanuunka inta u dhaxeysa labada marin (hoosta), ilmo rabitaan badan, daal badan, ayaa saameyn kara awoodda ay naagtu ku nasan karto si ay galmada ugu raaxeysato.

Waxaa muhiim ah in la sugo illaa afka ilmagaaleenka uu ka xirmo, oo qiyas ahaan qaadata muddo 2 asbuuc. Markaasi kaddib, marka ay tolmada bogsato, oo uu dheecaanka umusha istaago, oo aad doonayso waxaa suuragal ah in aysan galmada dhibaato keenin. Waxaad hubisaa in aad isticmaasho waxyaabaha looga hortago uurka maadaama aad uur qaadi karto. Eeg habkaaga Qorshaha Qoyska, bogaga 77 ilaa 82 ee buugan.

Waxaa suuragal ah in aad marka hore xanuun dareento. Sidoo kale waxaa suuragal ah in siilkaagu qallalan yahay oo ay ugu wacan tahay isbeddelada hoormoonka. Biyo saliideysan oo nadiif ah ayaa la isticmaali karaa.

Qorshaha Qoyska

Si lagaaga caawiyo go'aankaaga ugu fiican ee qorshaha qoyska, waxaad eegtaa Qorshaha Qoyska, bogagga 77 ilaa 82 ee buug warbixineedkan.

Haddii aad haysatid kuuboona caafimaadka, waxaad caymiskani helaysaa muddo 12 bilood.

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Taking Care of Yourself After Your Baby's Birth
Somali

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Taking Care of Yourself After Your Baby's Birth

Congratulations on the birth of your baby at University of Washington Medical Center! Suddenly you are no longer pregnant. Many changes are taking place in your body. This information is to help you as these changes take place.

Early Days at Home

One of our Maternity and Infant Center nurses may call you at home to see how you and your baby are doing. They will answer any questions you have. You will be offered a home visit by a nurse if your baby was discharged from the hospital within the first 48 hours after birth and you live in King or Snohomish County. We want to help make your early days as a new family as pleasant and comfortable as possible.

Your Follow-up Care

You will need to make an appointment with your health care provider according to their instructions after your baby is born. In general:

- If you had a vaginal or Cesarean birth, make this visit for 6 weeks after birth, unless your provider asks you to come in sooner.
- If your provider is a nurse midwife, make this visit for 1 or 2 weeks, and again at 6 weeks after birth.

Your health care provider will check to make sure you have recovered from pregnancy and birth. Do not miss these important visits!

Uterine Cramps

You may have abdominal (uterine) cramps in the days after your baby's birth. These "after pains" are caused by the uterus shrinking back to its before-pregnancy size. They are strongest for the first 2 or 3 days and then become less uncomfortable.

You may notice these cramps more if you are breastfeeding, or if this is not your first baby. Taking slow, relaxed breaths and putting warm packs on your stomach may help. Your doctor or midwife may suggest ibuprofen (Motrin, Advil, Nuprin) for pain.

Ibuprofen is a safe drug to use while you are breastfeeding. Do not take more than the recommended dose. If you need more pain relief, call your doctor. Bleeding is a rare side effect of ibuprofen use. If you have increased vaginal bleeding or excessive bruising while taking ibuprofen, call your health care provider.

Your uterus will continue to shrink for about 6 weeks. Your stomach muscles may take longer than 6 weeks to return to the way they were before pregnancy. If you have the book *Pregnancy, Childbirth and the Newborn*, see pages 361 to 362.

Breast Swelling and Leaking

After birth, your breasts make a special early milk, called *colostrum*. Regular milk begins within 1 to 3 days.

You may have breast swelling and tenderness when your milk "comes in" (fills your breasts). Breastfeeding your baby often will lessen this fullness. A nursing bra may help to hold up your breasts during this time, and make you more comfortable.

If your breasts become painful or swollen hard, or you have other concerns about breastfeeding your baby, please call your health care provider or University of Washington Medical Center's Lactation Services at 206-598-4628.

If you need to dry up your milk, the discomfort of breast fullness will last a couple of days, until your milk starts to go away. A nursing bra, ice packs on your breasts, and a binder around your chest may help ease the discomfort. To bind your

breasts, wrap a towel or long piece of cloth tightly around your chest and pin it closed.

Your doctor or midwife may also recommend a mild pain medicine. Medicines to “dry up” your breasts are no longer recommended.

Breasts of both breastfeeding and bottle-feeding mothers often leak milk. Put a soft handkerchief or a nursing pad (not plastic-lined) inside your bra to soak up the milk and keep it from leaking onto your clothes. See *Pregnancy, Childbirth and the Newborn*, pages 447 to 450 and page 364.

Vaginal Bleeding and the Return of Your Period

After childbirth, the bleeding from your vagina is blood from the area where the placenta was attached to the uterus and from the lining of the uterus.

The flow is usually heavy and bright red for the first few days. Then it changes to a pinkish color, then to brown. **If the flow ever has a foul smell to it, you need to call your doctor or midwife right away.**

The amount of bleeding decreases as the days and weeks pass. If you have an increase in the amount of blood or it is red again, you need to rest more. The flow of blood from your vagina may continue as long as 6 weeks after your baby's birth. Panty liners and pads are best to use. Tampons, feminine sprays, or douches are not advised.

If you are only breastfeeding your baby (not giving any bottles), your period (menstruation) may not begin again for several months. If you are bottle-feeding, it might begin in 6 to 8 weeks.

If you have no bleeding (after the first 8 weeks) and are only breastfeeding in the first 6 months, the risk of getting pregnant is less than 2%. It is strongly recommended that you use birth control after your baby is born. See *Pregnancy, Childbirth and the Newborn*, pages 361 to 363.

Leg Swelling

Swelling in your legs is common after giving birth. It should go away in 7 to 10 days. You may want to sit with your legs propped up to help the swelling go down. Do not wear tight-fitting shoes or clothing. Tell your health care provider if you have increased swelling in your legs, leg pain, or redness in the lower part of your leg.

Emotional Changes

The “baby blues” are emotional changes you may have after your baby’s birth. Please refer to *Baby Blues and More*, pages 33 through 40 in this booklet.

Feeling Tired

You will probably feel tired in the days after your baby’s birth. The birth itself is hard work and can use up a lot of your energy reserves. Your baby will feed every few hours in the first days and weeks at home. This is nature's way of ensuring that you rest for a while every couple of hours.

Try to get as much rest as possible. Nap when you can. Try to sleep when your baby is sleeping. See *Pregnancy, Childbirth and the Newborn*, pages 365 to 366.

Exercise and Activity

A slow return to your normal activities will help you recover and keep you from getting too tired.

For the next few weeks, take care of yourself and your baby. Be sure to accept help when it is offered! Ask for help when you need it.

Kegel Exercises

Kegel exercises help heal and strengthen the pelvic floor muscles. Learn to do these when you are urinating. Begin to pass your urine, then stop the flow by tightening your muscles hard. Hold as long as you can, then let go.

Tighten and relax these same muscles when you are not urinating, several times a day.

Active Exercise

Wait until you have had your 6-week checkup to begin or go back to jogging, aerobics, or any other very active exercise. See *Pregnancy, Childbirth and the Newborn*, pages 138 to 143.

Healing of Tears or Episiotomy

If you have stitches from a vaginal tear or an *episiotomy* (a cut your care provider made at the opening of your vagina just before the birth), you can make yourself more comfortable by:

- Soaking your bottom in warm water, using the special “sitz bath” your nurse may give you.
- Lying or sitting on your side and not directly on the stitches.
- Using medicated witch-hazel pads (Tucks) on your stitches.
- Taking pain medicine, as your health care provider advises.

Be sure to rinse your bottom well with warm water each time you go to the bathroom. Use the squirt bottle you will receive in the hospital. Your stitches will dissolve in a couple of weeks. See *Pregnancy, Childbirth and the Newborn*, pages 367 to 368.

Hemorrhoids

You may develop *hemorrhoids* (inflamed veins in the rectum) late in pregnancy. The hemorrhoids may get irritated during delivery. Most hemorrhoids that form in pregnancy go away after the birth.

To relieve discomfort, try soaking your bottom in the special "sitz bath" your nurse may give you. Use medicated witch-hazel pads (Tucks), or ointment. Drink plenty of water and eat lots of fruits and vegetables so your bowel movements stay soft and are easy to pass. You may get a stool softener, a medicine that will help keep your bowels soft. See page 15 in this book, *Constipation*, for more information. See *Pregnancy, Childbirth and the Newborn*, page 368.

Nutrition

Dieting to lose weight is not good to do for the first 6 weeks. It could reduce your milk supply or slow your healing. Talk with your health care provider about your nutritional needs.

It can be difficult to cope with meals and a newborn. Keeping a supply of healthy snacks on hand can help. See *Pregnancy, Childbirth and the Newborn*, page 368 to 369.

Iron Supplements

Some women may need to take iron supplements if they have anemia or a low blood count. Your health care provider may prescribe them for you along with ascorbic acid (vitamin C). The vitamin C helps your body to absorb the iron.

Questions?

Your questions are important. If you have questions about taking care of yourself, call your obstetric provider during office hours. When your provider's office is closed, call Labor and Delivery.

If you have questions or concerns about your baby, call your baby's pediatric provider. Most offices are set up to respond to urgent concerns 24 hours a day.

Lactation Services:
206-598-4628

Labor and Delivery:
206-598-4616

If you have an urgent concern, call 911.

Resuming Sexual Activity

Couples differ in their readiness to resume intercourse. Some are ready as soon as possible after the birth, and others prefer to wait or may even feel afraid. Many factors, including a sore perineum, a demanding baby, and extreme fatigue, may affect a woman's ability to relax and enjoy making love.

It is important to wait until the cervix has closed, which takes about 2 weeks. After that, it is probably safe to have intercourse when your stitches heal, your vaginal discharge disappears, and you feel like it. Be sure to use birth control since you could get pregnant. See *Your Family Planning*, pages 77 through 82 in this booklet.

You may feel sore at first. You may also have vaginal dryness due to hormone changes. A sterile, water-soluble lubricant can help.

Family Planning

To help make your best decision about planning your family, see *Your Family Planning*, pages 77 to 82 in this booklet.

If you are covered by medical coupons, this coverage lasts for 12 months.

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