

# Postnatal care information

Caring for yourself following the birth of your baby



Your midwife is

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Their phone number is



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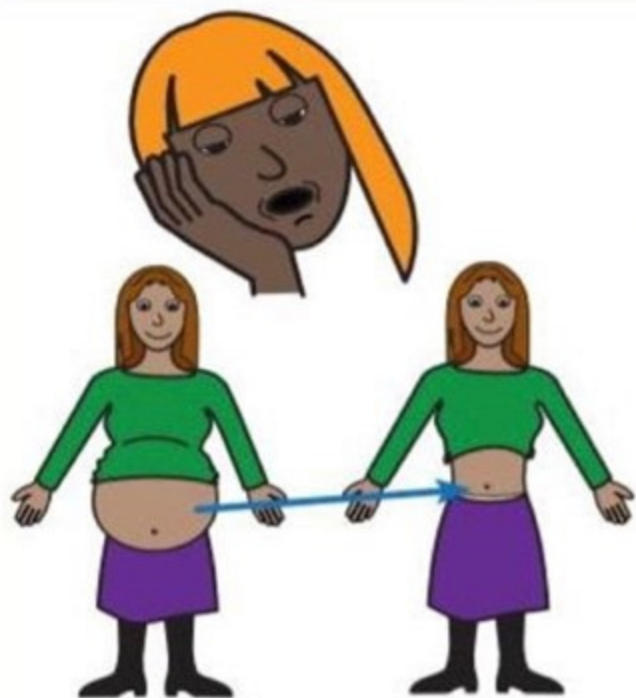
An illustration of a woman's face with two thought bubbles above her. The left bubble shows two women, and the right bubble shows a fetus in a womb.

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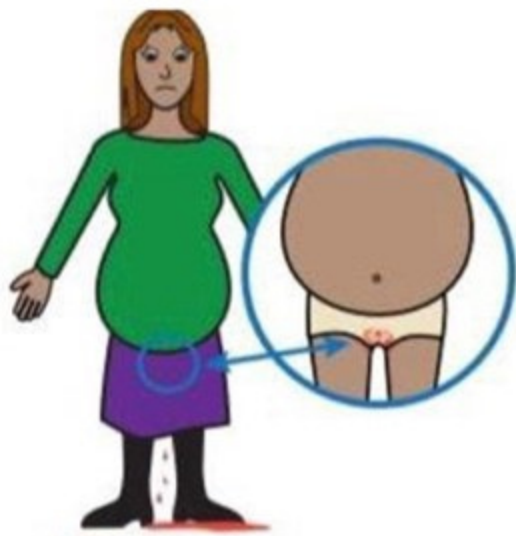
### Body changes:



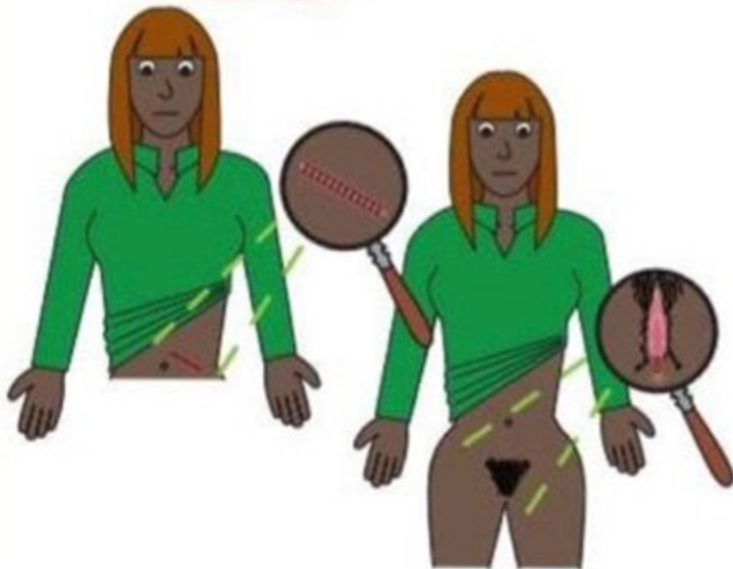
You will be tired, and you will need to rest.

Your tummy bump will get smaller **slowly**. It can take 6 weeks or more!

## Body changes:

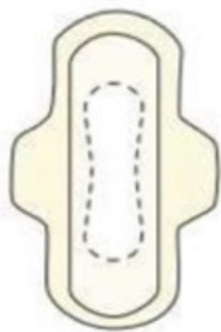


You will have bleeding (like a period). There will be lots of blood in the first day or 2. The bleeding will get less as each day ends, but might last for 6 weeks.



If you have stitches, they will be sore and they need to be washed and kept clean.

## Keep yourself clean:



Clean your hands **BEFORE** and **AFTER** you go to the toilet.

Change your sanitary pad often.



Your breasts have enough milk to feed your baby from birth. At around 3 days even more milk comes and breasts can feel heavy and hot. Your midwife and maternity support worker can help you with feeding your baby.

### Your emotions:



You might feel happy!

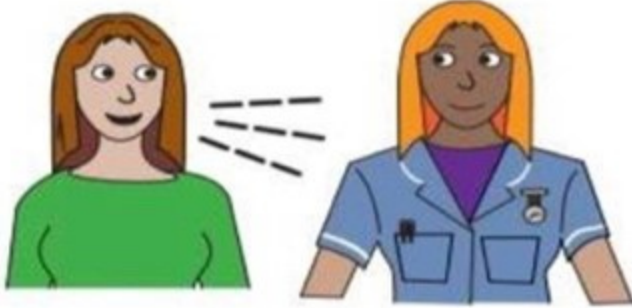
You might feel sad and not understand why.

It is good to talk to someone about how you are feeling.

## What to do:



Eat healthy food and drink lots of fluid.  
Talk about how you are feeling with a friend or relative.



The midwife will teach you some exercises to do.



Take tablets, such as Paracetamol, if you have pain in your tummy or your stitches.

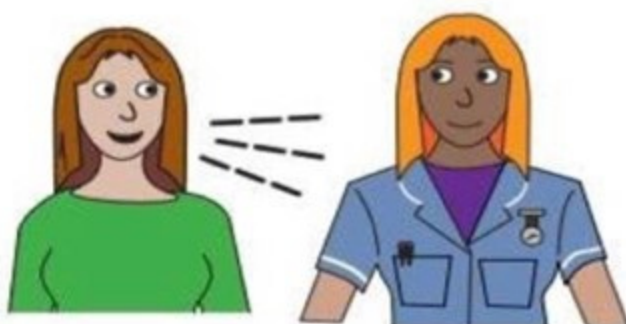


Go outside for a walk when you are ready.

If you get really HOT or feel unwell, tell your Midwife.



You can get pregnant as soon as you start having sex after you have had a baby. It is better not to have sex until the bleeding stops. Make sure you use contraceptives before you start having sex.



Your midwife can answer any questions you have.

You will need to register the birth of your baby at the Registry Office.



You or someone you know will need to call the registry office to make an appointment before your baby is 6 weeks old.

Their phone number is



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Please use these maternity plans to initiate conversations between you and your maternity team.

The examples given here are prompts to think about any adjustments your maternity team can make to support you.

Information given in the plans is brief and can be used to initiate care option conversations.

For further support or feedback feel free to contact me directly at:

[Karenhenry10@sky.com](mailto:Karenhenry10@sky.com) or [Karen.Henry@esneft.nhs.uk](mailto:Karen.Henry@esneft.nhs.uk)

With the very best of wishes for your pregnancy journey,

Karen Henry

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