

**BRENNAN OB/GYN ASSOCIATES, P.C.**

**Obstetrics and Gynecology**

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**Congratulations on the Birth of your Child**

**Post Delivery Do's and Don'ts**

**DO**

1. Take a sitz bath at least one time per day.
2. You may drive after two weeks.
3. Report a temperature greater than one hundred degrees.
4. Report bleeding heavier than a period.
5. Report burning with urination.
6. Report hot, red painful areas of the legs.
7. Report hot, hard, lumpy areas of the breasts.
8. Report severe abdominal pain.
9. Report feelings of sadness or depression that are severe and don't go away.
10. Visit the office in six weeks. If you had a C-section, please visit the office in four days for staple removal. [Please call for an appointment.]
11. You may climb stairs several times a day.
12. You may lift older children.

**DON'TS**

1. No douching, no tampons, and no intercourse for six weeks.
2. No heavy exercise, no long shopping trips, no long walks for six weeks.
3. Don't return to work for six weeks.