

Lochia

Lochia is the bloody discharge after delivery and will last for up to 3 weeks. The amount and color will change from reddish brown to pink and gradually become less. For sudden return of profuse blood loss or passing of blood clots/membranes, please attend nearby Accident and Emergency Department immediately.

Menstruation

Menses normally will return in 6 to 8 weeks. It may be delayed for breastfeeding mothers.

Family Planning

Ovulation may occur 14 days before the return of menses, therefore, use of contraceptive is necessary for better family planning and to space out pregnancies. For enquiry, please contact MCHC staffs or Family Planning Association for details.

Postnatal Blues

Women after delivery may suffer emotional changes such as irritability, mood changes, and some may even develop postnatal depression. These are quite normal due to physical and psychological adaptations after delivery. There is no need to be scared. Just discuss it openly with your family or seek help from the hospital staff. Please call our Obstetric Center Tel.: 2255-5524

Should you have any queries, please contact health care professionals


Information provided by Department of Obstetrics & Gynaecology, Queen Mary Hospital and Tsan Yuk Hospital.



瑪麗醫院
產科部

Queen Mary Hospital
Obstetric Unit

POSTNATAL CARE

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POSTNATAL CARE

Postnatal Check up

Postnatal check up should be done six weeks after delivery. Please bring along a bottle of urine for examination and avoid bringing children if possible. Doctors will decide postnatal check up at:

- ◆ Maternal and Child Health Center or the private sectors.(Self-booking is required.)
- ◆ Queen Mary Hospital, S Block, 5/F., (S5) Tel.: 2255-4182
- ◆ Queen Mary Hospital, Private Obstetric Clinic at J Block, 1/F., (J1) Tel.: 2255 5688

Postnatal Exercise Classes

Postnatal exercise can begin 24 hours after vaginal delivery or 2 days after Caesarean Section. Postnatal exercises can help you to:

- ◆ Strengthen those muscles that were weakened during pregnancy and childbirth
- ◆ Prevent stress incontinence and uterine prolapse after delivery
- ◆ Resume your pre-pregnancy figure
- ◆ Care of the lower back
- ◆ Improve blood circulation and physical fitness

Physiotherapist provides individual teaching of postnatal exercise to you during hospitalisation. You are encouraged to join postnatal exercise class after discharge. For booking details please refer to leaflet.

Diet & Nutrition

Well balanced diet including protein, carbohydrates, fat, vitamins, minerals and roughage is important to build up your body resistance. Adequate fluid intake and fibrous diet can help to prevent constipation. If lochia persists, food enhancing blood circulation should be avoided. These include ginger, chinese herbs.

Breast Care

For breast feeding mother:

Wear an appropriate and supportive nursing bra whilst breastfeeding, avoid using a half cup or wired bra in order to prevent occlusion of milk ducts causing mastitis. Smear breast milk over the nipples and alveolar area after each feed. It not only moisturizes alveola & nipple, but also helps to repair sore. If you encounter any breastfeeding problems such as sore nipples or breast engorgement, please seek for help from:

- ◆ Queen Mary Hospital breastfeeding hotlines: 7306-9687 (8 a.m. to 8 p.m.)
- ◆ Lactation Clinic, 5/F., S Block booking: 7306-9687
- ◆ Department of Health breastfeeding hotlines: 3618-7450
- ◆ The Baby Friendly Hospital Initiative Hong Kong Association: 2838-7727
Please join breastfeeding support group (Department of Health) Tel.: 6194-3359

For bottle feeding mother

- ◆ Increased milk flow will start 3 to 6 days after delivery. Some women may experience discomfort like breast engorgement. Avoid stimulation of all kinds and wear a supportive bra and the milk flow will reduce gradually. You can try cool pads and analgesics for pain relief if necessary.

Personal hygiene and wound care

- ◆ Daily warm shower and frequent pads changing with perineal wound cleansing by warm water are necessary to maintain personal hygiene
 - ◆ For enquiry on wound care and problems, such as persistent redness, swelling, pain, or abnormal discharge:
 - Within 10 days after delivery; please call Queen Mary Obstetric Service Center Tel.: 2255-5524
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|------------------|-------------------|
| Monday to Friday | 10 a.m. to 6 p.m. |
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- 10 days to six weeks after delivery, please call Queen Mary Hospital, 5/Floor, S Block at 2255-4182
 - In case of high fever or any signs of wound infection such as persistent redness and swellings, pain, or abnormal discharge or bleeding from the wound, please attend nearby Accident and Emergency Department for further management