



Post
Delivery
Guide

Congratulations on the birth of your new baby!

As exciting as this time is, it can be incredibly overwhelming for new parents. We have put together these guidelines to help make this time a little easier.

On the day of discharge

Ensure that you have made necessary transport arrangements, we do offer a shuttle service at select hospitals to certain areas. Please ask our nursing staff to assist you if required.

Please check your room for belongings and ensure that you have everything you need.

Make sure that you have been given a proper explanation regarding your medication, if you have any concerns or questions please ask your doctor, nurse or contact our pharmacy.

Ensure you can answer yes to all these questions:

Has your doctor provided you with a thorough understanding of your and your baby's care plan?

Do you know what medication to take and when?

Do you know when or if you require a follow up?

If you have a normal vaginal delivery, see your doctor after 6 weeks or as advised by your doctor. If you have a Caesarian Section, see your doctor 1 week after discharge for review or as advised by your doctor and again at 6 weeks.



Make an appointment to see your Paediatrician as advised.

Things you and your family should think about before you go home:

It may be helpful to have someone stay with you the first 24 hours.

Stock up on easy-to-prepare foods.

Know whom to call in case of an emergency.

Think about how you'll get to your next doctor appointment.

Don't hesitate to seek assistance. We are here for you.

At-home medication safety

Before you leave, ask your doctor what new medication you need to take at home and what medications you may need to stop taking. We'll give you a list of the medications that you should take after discharge — if you don't receive a list, feel free to ask for it.

At any time please call your doctor or our pharmacy for more information or advice regarding your medication.





Know your medication

Know the name, dose, purpose and side effects of each of your medications.

Check with your pharmacist before taking over-the-counter medication or herbal and dietary supplements to see if they interact with any of your prescriptions.

Keep a list of your current medication and allergies with you at all times. Be prepared to provide your current list of medication each time you visit your doctor or be admitted to a hospital.

Fill all of your prescriptions at the same pharmacy if possible, so the pharmacist can cross-check for medication interactions.



Taking your medication

Take all medication as directed. Know what to do if you miss a dose.

Never stop taking any medication unless your doctor tells you to, even if you're feeling better.

Use a pill box, diary, or calendar to keep track of when to take your medication.

Keep your medication in its original container in a cool, dry place.

Never give your prescription medicine to anyone else.

Don't keep medication beyond the expiration date. Discard all expired medication.



Taking care of yourself

Following giving birth, you can expect the following, please discuss any concerns with your medical team:

Mood changes and post-partum blues

After pains

Vaginal discharge

Changes in bowel movements

Call your doctor immediately if you have:

Heavy bright bleeding or large clots

Fever

Painful cramps

Hard, painful lumps in your breasts

Increasing pain around your stitches

Pain when urinating

Extreme depression



Remember to keep your stitches clean, it should take about 4 weeks to heal.



Relax as
much as you
can during this
special time!

Taking care of baby

Before leaving the hospital, make sure you are familiar with the following:

Breastfeeding: It is encouraged unless otherwise discussed with your doctor. The initial period may be challenging, don't give up, rather seek the advice of a breastfeeding specialist. The benefits of breastfeeding to both you and your baby are worth the effort.

Handling your baby, including supporting your baby's neck.

Changing your baby's nappy/diaper.

Bathing your baby.

Baby's medication.

Dressing your baby.

Feeding and burping your baby.

Cleaning the umbilical cord.

Caring for a healing circumcision.

Cleaning your baby's nasal passages.

Taking your baby's temperature.

Tips on soothing your baby.

Call your doctor or present at any of our 24 Hour Emergency Units if you experience:

- ✓ Difficulty breathing or unusual shortness of breath
- ✓ Persistent nausea, vomiting or diarrhea
- ✓ Numbness or tingling
- ✓ Chest pain
- ✓ Excessive bleeding or drainage at the operative site
- ✓ Rash, bruising or yellow skin
- ✓ Fever or chills
- ✓ Pain that is not relieved by pain medications
- ✓ Other concerns that require immediate attention



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Ethekwini Hospital and Heart Centre

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Kathu Private Hospital

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La Verna Private Hospital

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Maputo Private Hospital

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Royal Hospital and Heart Centre

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