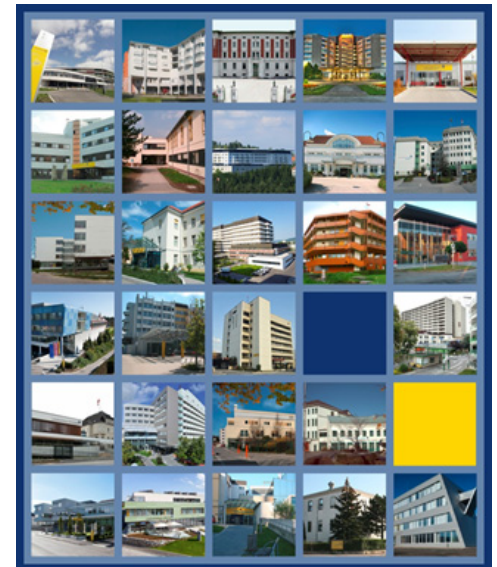


We hope to have answered all your potential questions with this information and wish you and your baby all the best for the future.

Your midwifery team

Gynaecology and midwifery

Discharge information



Behaviour after a vaginal birth

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Vag. Geburt

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

You should observe the following:

- Avoid sexual intercourse
- Avoid full baths and visiting the sauna and swimming pool
- Refrain from using tampons until after the check-up with your consultant in six weeks.

Discharge (post-birth vaginal discharge) may persist for up to six weeks.

If you have perineal suturing, you can aid the healing process by showering the genital area as often as possible and changing maternity sanitary pads frequently.

Since a great number of questions and issues may arise after discharge (breastfeeding problems, care of the child's umbilical cord and monitoring their weight, suturing, perineum, degeneration issues, etc.), outpatient care by a midwife is available.

In the case of fever, severe lower abdominal pain, intensified vaginal bleeding, malodorous discharge, painful reddened breasts or problems regarding perineal suturing, you should contact your consultant or the gynaecological outpatient clinic.