

Postnatal Information



Congratulations on the birth of your baby

Registering the birth of your baby

To make a birth registration appointment visit www.buckinghamshire.gov.uk or scan the below QR code:



*It is a **LEGAL** requirement to register as soon as possible; you have **42 days** from the date of your baby's birth to register.*

Just to note:

- If you are married, only one parent needs to attend to sign the register, although both parents can attend.
- If you are **not** married, both parents need to attend to sign the register.

Please bring with you the baby's red book which is given after birth.

Registration Offices:

Buckinghamshire Register Office, Aylesbury HP20 1XF

Beaconsfield Old Town registration Office HP9 2JJ

High Wycombe Library Registration Office HP11 1NH

Amersham Library Registration Office HP6 5AH

If your baby was born outside Buckinghamshire or in Milton Keynes, contact your nearest register office.

Opening times may differ—please check the website. If you do not have internet access, please call 01296 395000.

Certificates cost £11.00 each (at the time of writing) —you will need a full certificate to apply for a passport.

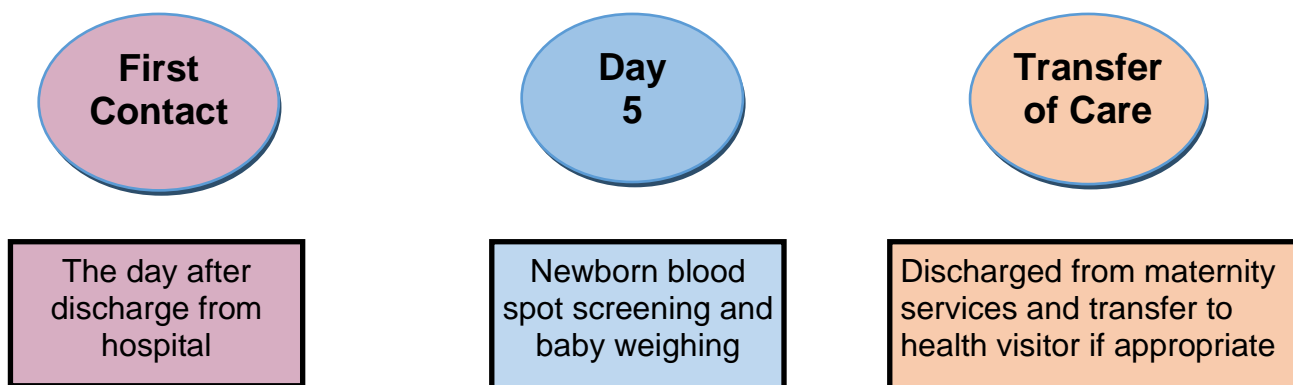
Useful numbers and pattern of visits

The community midwife will visit you the day after you get home from hospital between 8.30am and 5.30pm. Unfortunately, they cannot give you a specific time. If you need to go out when a visit has been planned, please telephone the community midwives' office to let them know. Following this initial contact they will discuss with you your next appointment, normally held at a postnatal clinic.

Routine appointments

At each visit the midwife will talk to you about any physical or emotional problems or any concerns you have with your baby. Your midwife will treat any concerns appropriately or refer you to someone who can help. Maternity support workers undertake some visits, especially if you require extra support with breastfeeding.

If you need feeding support out of hours please call Rothschild Ward: 01296 316158



You may be offered an appointment to attend one of the postnatal clinics rather than waiting at home for the midwife to come to you.

Useful Numbers

Aylesbury Community Midwives Office	01296 316120
Wycombe Community Midwives Office	01494 425172
Stoke Mandeville Labour Ward (24/7)	01296 316103
Milton Keynes Labour Ward	01908 996478
Wexham Park Hospital Labour Ward	0300 615 4521
Frimley Park Hospital Labour Ward	0300 6134527
John Radcliffe Hospital	01865 220221

Healing from a vaginal birth

Stitches

If you have had stitches after tearing or an episiotomy (cut), bathe them every day to help prevent infection. Have a bath or shower with plain warm water then carefully pat yourself dry. Stitches usually dissolve by the time the cut or tear has healed.

Painkillers can help. If you are breastfeeding, check with your pharmacist, midwife or GP before you buy over-the-counter painkillers.

If you have had stitches it is very unlikely or rare for stitches to simply become undone.

Going to the toilet

At first, the thought of passing urine can be a bit frightening – because of the soreness. Drinking lots of water dilutes your urine which may make it sting less.

Tell your midwife if:

- You are finding it really difficult to pass urine
- You feel very sore
- You notice an unpleasant smell

You probably will not have a bowel movement/poo for a few days after the birth, but it is important not to let yourself get constipated. It might feel better if you hold a pad of clean tissue over the stitches when pooing. Try not to strain.

Eat plenty of fresh fruit, vegetables, salad, wholegrain cereals and wholemeal bread. Also drink plenty of water.

Bladder control

After having a baby it is quite common to leak a bit of urine if you laugh, cough or move suddenly.

Pelvic floor exercises can help with this but tell your GP at your postnatal check if you still have a problem — See QR code on page 8 for exercises.

Piles are very common after birth but usually disappear within a few days.

Healing from C-Section

You will also be advised to:

- Gently clean and dry the wound every day
- Wear loose, comfortable clothes and cotton underwear
- Take a painkiller if the wound is sore – for most women, it is better to take paracetamol or ibuprofen (but not aspirin) while you're breastfeeding
- Contact maternity triage if you have any of the below concerns



Most women experience some discomfort for the first few days after a caesarean, and for some women the pain can last several weeks.

Try to stay mobile and do gentle activities such as going for a daily walk while you are recovering to reduce the risk of blood clots. Be careful not to overexert yourself. You may not be able to do some activities straight away such as:

- Driving
- Exercising
- Carrying anything heavier than your baby
- Having sex

Only start to do these things again when you feel able to do so and do not find them uncomfortable. This may not be for 6 weeks or longer.

Bleeding after birth (lochia)

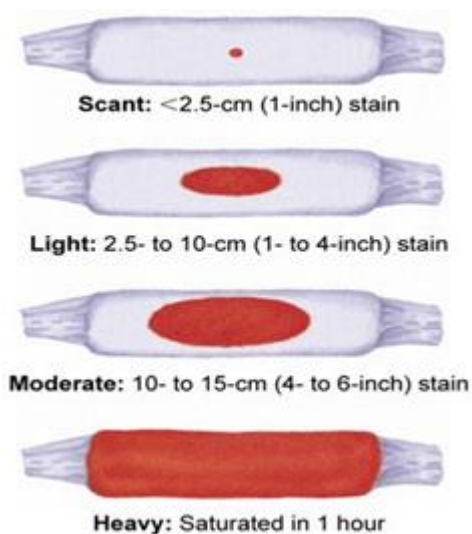
You will bleed from your vagina after the birth. It will be quite heavy at first and you will need super-absorbent sanitary towels and not tampons. Change them regularly, washing your hands before and afterwards.

It is not a good idea to use tampons until after your 6-week postnatal check because they could increase your chance of getting an infection.

You may notice the bleeding is redder and heavier when you breastfeed. This happens because breastfeeding makes your womb contract. You may also feel cramps similar to period pains. The bleeding will carry on for a few weeks. It will gradually turn a brownish colour and decrease until it finally stops.

If you are losing blood in large clots call maternity triage or if bleeding is heavy and not stopping call 999.

You can get pregnant as little as 3 weeks after the birth of your baby even if you are breastfeeding and your periods have not started again yet.



Soothing a crying baby

All babies cry, and some more than others. Crying is your baby's way of telling you they need comfort and care.

Sometimes it is easy to work out what they want and sometimes it is not. The most common reasons for crying are:

Hunger	Wind
A dirty or wet nappy	Being too hot or too cold
Tiredness	Boredom
Wanting a cuddle	Overstimulation

There may be times of the day when your baby tends to cry a lot and cannot be comforted. Early evening is the most common time for this to happen. This can be hard for you, as it is often the time when you are most tired and feeling less able to cope. Below are some tips to try to soothe baby.

How to calm a crying baby

- Talk calmly, hum or sing to your baby
- Let them hear a repeating or soothing sound
- Hold them close skin to skin
- Go for a walk outside with your baby
- Give them a warm bath

These techniques may not always work. It may take a combination or more than one attempt to soothe your baby.

CRY-SIS National Help Line: 08451 228669 Lines open 7 days a week, 9am-10pm
Remember – if you are concerned that your baby may be unwell, contact your GP or NHS 111 (go to 111.nhs.uk or call 111 - the service is available 24 hours a day, 7 days a week).
In an emergency, ring 999.

ICON - website also is a great source for support.



CRY-SIS



ICON

Safe sleeping and symptoms of an unwell baby

Important symptoms

An unwell baby can become seriously ill very quickly. You know your baby best; do not wait too long if you are worried. The following symptom checklist can help you decide whether you need to seek medical attention for your baby by contacting your midwife or doctor.



Reasons to call GP/Midwife

- Concerns with the umbilical cord
- Feeding concerns
- Baby has a stuffy nose
- Baby constipation or stool colour

Urgent medical attention can be obtained by calling 999 if your baby:

- Has a fit or convulsion
- Has a rash that does not fade when you press it
- Stops breathing or goes blue

Sudden Infant Death Syndrome

(SIDS) sometimes known as cot death is the sudden, unexpected and unexplained death of an apparently healthy baby. Whilst this is rare, there are steps you can take to reduce the risk for your baby.

Place your baby to sleep in a clear, safe sleeping space e.g. separate cot or Moses basket in the same room with you for the first 6 months.

- Use a firm, flat mattress with no cushions, pillows, quilts or duvets or bumpers.
- Don not use any pods, nests or sleep positioners.
- Always place your baby on their back for every sleep.

For further information on safe sleeping and bed sharing:



Keeping your Baby Safe

Jaundice

Baby's skin and/or the whites of the eyes may appear yellow however jaundice is not just about colour. Other signs include:

- Poor feeding: baby may not wake for feeds and may not feed well when offered.
- Baby should suck strongly without constant prompting, wakeful and alert.
- Baby should have periods of being awake and robust, showing hunger cues, rooting and showing interest in surroundings.

CONTACT YOUR MIDWIFE IF YOU ARE CONCERNED.

Risks of smoking

Babies are at risk of passive smoking if they are around those who smoke. Please do not smoke or allow others to smoke around your baby. If your baby is exposed to smoke, they are more likely to develop illnesses such as:

- Asthma
- Chest infections - such as bronchiolitis
- Meningitis
- Ear infections
- Coughs and colds

They are also at an increased risk of sudden infant death syndrome (cot death)

The best way to protect your baby is to stop smoking however always smoke outside. Keep your baby away from smoky areas and wash your hands after each cigarette. Although e-cigarettes are safer there is no evidence yet regarding the long-term effects on babies so it is safest to follow the same advice as for cigarettes.

Use of car seats

It is the law to use a car seat for your baby when traveling; rear facing car seats are the safest for newborn babies as they offer protection for their head, neck and spine. Although there is no evidence that states how long a baby should stay in the car seat it is widely accepted that a period of no longer than 2hrs is recommended; this is to ensure baby has not slumped, potentially hindering their breathing. If possible, an adult should travel in the back seat to ensure safety of the baby.

Babies can become overheated in a car seat. To help prevent this:

- Use a window shield in hot weather to prevent direct sun through the car window. Direct heat can overheat the baby and also burn their skin
- Do not use thick jumpers or coats when putting the baby in a car seat. This is not only too hot for the baby but makes the seatbelt too loose and not effective during a collision.
- During a long journey make frequent stops, to take the baby out of the car seat. Use a pram to place the baby flat on the mattress to allow room to stretch and move around.

Useful Information Leaflets



Life after Birth



The Role of the Health Visitor



Infant Feeding Support



Formula Feeding*



Breastfeeding*



Hand Expressing*



Pelvic Floor Exercises



Contraception



**Maternity & Neonatal
Voices Partnerships**



***Use this QR code to access the Infant Feeding Resources in different languages**

If you do not have internet access, please inform your midwife who will then be able to print the leaflets out for you.

Birth Reflections

Birth Reflections is a midwife-led listening and debriefing service for people who have given birth at Stoke Mandeville Hospital. It provides you with an opportunity to:

- Look back on your birth experience
- Explore the care you received during labour, birth or immediately after your baby was born
- Ask any previously unanswered questions

We suggest waiting up to at least six weeks after the delivery to give yourself time to process what happened - you can be offered an appointment up to a year after the birth.

If you would like to discuss your birth experience with a midwife, please access our online booking form by scanning the QR code below.



This is not a complaints service. If you are unhappy with the care you have received please contact bht.pals@nhs.net or call 01296 831120.

Appointments

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>To see</u>

Feedback?

**Antenatal services
feedback?**

Please scan the QR code below



**Labour and birth
services feedback?**

Please scan the QR code below



**Postnatal Community
Care feedback?**

Please scan the QR code below



**Rothschild Postnatal
Ward feedback?**

Please scan the QR code below



A place to note any questions you may have

Please remember that this leaflet is intended as general information only. We aim to make the information as up-to-date and accurate as possible, but please note that it is subject to

change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can you help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

Alternatively, clicking the “red person” on our website allows you to access our patient information leaflets in other languages

Patient information leaflets and useful apps

Our patient leaflets give more detailed information about various stages of the pregnancy journey. They also include information about procedures you may need, complications and how to look after yourself.

We aim to make the information as up to date and accurate as possible, but it's subject to change. Always check specific advice on any concerns you may have with your doctor.

Patient information leaflets

- Pregnancy, labour and postnatal care +
- Vaccinations during and after pregnancy +
- Obstetrics and gynaecology +
- Pregnancy loss +

Useful apps for parents

Ulotki informacyjne dla pacjentów i przydatne aplikacje

W naszych ulotkach dla pacjentów znajdują się bardziej szczegółowe informacje na temat różnych etapów ciąży. Zawierają także informacje na temat niezbędnych zabiegów, powikłań i sposobów dbania o siebie.

Staramy się, aby informacje były jak najbardziej aktualne i dokładne, ale mogą ulec zmianie. Zawsze zasięgnij szczegółowych porad dotyczących wszelkich wątpliwości, jakie możesz mieć u swojego lekarza.

Ulotki informacyjne dla pacjentów

- Ciąża, poród i opieka poporodowa +
- Szczepienia w czasie ciąży i po ciąży +

Division of Women, Children & Sexual Health Services

Approvals:

Maternity Guidelines Group: May 2023

O&G SDU: 21.6.23

Clinical Review Group: not req

BMV: 13th February 2023 Apr 2023

Equality Impact Assessment: May 2023

CAP: Sep 2023