

Clinic for Obstetrics and Gynaecology

Inpatient discharge after birth

Dear patient

we would like to provide you with information about your inpatient discharge and the discharge interview.

Discharge

You can be discharged at any time if the birth is uncomplicated. We will discuss and plan your discharge the day before in the ward round, so that you can plan it well afterwards. If you wish to have your child's U2 check-up by our paediatrician in our clinic, this will be possible at the earliest 48 hours after the birth of your child and thus also your discharge. After a caesarean section, we recommend that you stay in hospital for 3-4 days. On the day of discharge, we plan your discharge in the morning until 12.00 noon. For your own organisation of discharge, please contact the nursing staff member responsible for you.

Discharge interview

During the discharge examination, the regression of the uterus, the wounds from birth injuries or the stitches from the Caesarean section are checked. During the discharge consultation you can ask questions about the birth and the further course of the birth.

The paediatric check-up U2 takes place in your room, for which you will be given a separate information sheet.

We recommend follow-up care by a midwife for a good start at home. The costs are covered by your health insurance for 8 weeks. A list of midwives is available on the ward or on the internet (www.hebammen-osnabrueck.de).

Hygiene after birth

- After the birth, you can shower as usual. Make sure that no soap, ointments or creams are used directly in the vaginal and wound area
- The postpartum flow may last 4-6 weeks, but quickly becomes less and lighter
- Rinse with clean water under the shower is recommended in the vaginal area after lacerations or an episiotomy
- There is a risk of infection to the uterus with full baths (postpartum flow), so do not swim or go to the sauna
- Do not use tampons for 6 weeks and use condoms during sexual intercourse

Physical activity

- It is important to take it easy and not do any sports for 8 weeks.
- Many midwives offer postnatal classes, but it is recommended to start after 8-10 weeks.
- Avoid heavy everyday activities (lifting, carrying max. 5kg) for 6 weeks.

For further questions and information you can reach us at:

Follow-up with a gynaecologist in private practice

It is important to see your gynaecologist 6 weeks after the birth. If you have any of the following complaints, you should see your gynaecologist sooner:

- Heavy bleeding
- Foul-smelling vaginal discharge
- Abdominal pain
- Fever
- Red, hard or painful areas in the breast
- Problems with caesarean sutures or birth injuries

Contraception

Despite the absence of menstruation during the breastfeeding period, there is a possibility of a new pregnancy. After a caesarean section, it is advisable to take a 12-month break from pregnancy so that the wound in the uterus heals well and becomes resistant to tearing. There are many ways to use contraception safely and comfortably while breastfeeding. Ask your gynaecologist for individual advice.

Individual comments

Of course, not every birth or postpartum period is the same. We will point out individual peculiarities and the corresponding further behaviour in the postnatal check-up and note relevant information for the postnatal midwife and the gynaecologist in private practice in the maternity passport. We also enter the necessary medication here. Please present the maternity passport at the follow-up visit.

If you have any further questions, please do not hesitate to contact us. If you have any special questions or recommendations, please do not hesitate to contact us during your final check-up.

We wish you a pleasant time.

Your obstetric team of the Marienhospital Osnabrück