

The first weeks after your baby's birth

For mothers leaving the hospital

Dear Patient, Dear Parents

This flyer provides you with the most important information you will need for the first few weeks after the birth of your baby.

Please note the following

- You can take a shower straight away (no vaginal douching). You can continue to use a rinsing bottle for your daily hygiene after leaving the hospital until your post-birth vaginal bleeding ends (usually 4–6 weeks)
- Wait until your post-birth vaginal bleeding has completely stopped before taking a bath or sauna, or going swimming
- Do not try to lift or carry anything heavy (more than 5 kilos) until 6 weeks after the birth
- You can resume sports after 6 weeks
- You can start post-natal exercises 6–8 weeks after the birth
- Avoid sexual intercourse until your post-birth vaginal bleeding has completely stopped.
- You still need to use contraception even while breastfeeding to prevent pregnancy.
- If you have had a caesarean, the stiches (often staples under the skin) will dissolve on their own so there is usually no need to have them removed.

Post-natal check-up for mothers

- Please make an appointment to see your regular doctor around 6–8 weeks after giving birth.
- If you experience any problems (for example severe pain or bleeding) please contact your midwife, doctor or call the Women's Health Clinic emergency line (Tel. +41 61 265 93 93).

Check-up for your baby

- Please make an appointment for your baby to have a check-up with a paediatrician around 4 weeks after birth.
- We are enclosing the discharge report from the Delivery Ward, the health booklet for your child and information on the University Children's Hospital Basel (UKBB). Please remember to take along your child's health booklet to every appointment with your paediatrician.

Nutrition and breastfeeding

- You can find more information on breastfeeding in the brochure published by Breastfeeding Promotion Switzerland. If you have any questions on nutrition or breastfeeding, you can contact your midwife, a specialized/certified breastfeeding advisor (IBCLC), or the breastfeeding helpline provided by our Women's Health Clinic (Tel. +41 61 328 70 94).

You will also find useful information in the brochure «Guten Start zu Hause» which you can download from www.unispital-basel.ch/geburt.

Thank you for placing your trust in our hospital and we wish you a speedy recovery and a smooth start to your family life back home.

Your Birth Support Team

The Delivery Ward

University Hospital Basel
Women's Health Clinic
Spitalstrasse 2, 4031 Basel
www.unispital-basel.ch/frauenklinik