

## CONTACT US

Should you or your baby experience any of the conditions in this booklet, please don't hesitate to contact the Family Birthing Unit midwifery staff for advice 24 hours per day on 9370 9420.

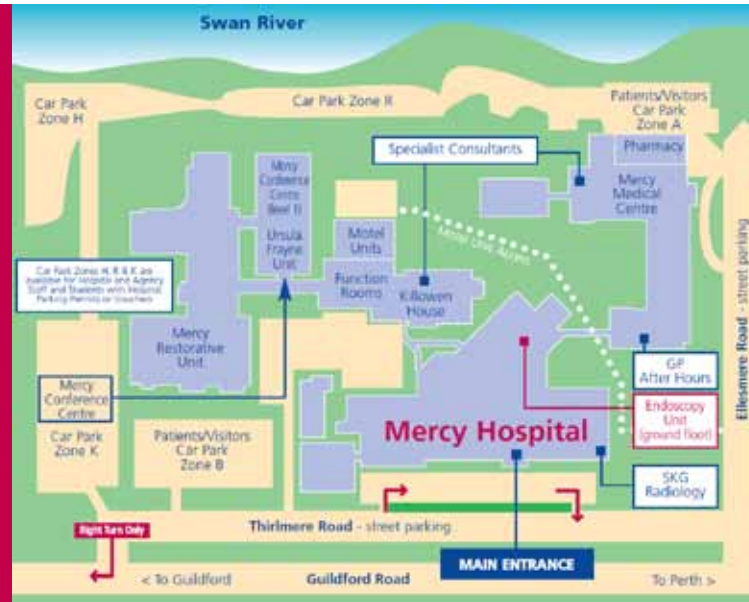
Presenting to Mercy Hospital may cause a delay in treatment for those conditions which require urgent medical care, therefore the Midwives may advise that you to seek advice from either your Obstetrician, GP or the nearest Emergency facility.

Our caring for you and your baby doesn't stop when you go home so if you are treated for any condition in the immediate time after you go home please contact us and let us know.

MERCY FAMILY BIRTHING UNIT  
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## DISCHARGE ADVICE FOR NEW MUMS



## LEAVING HOSPITAL

When you leave hospital it is expected that you and your baby will continue to grow together and recover well. However there are some conditions which may present up to 6 weeks or more after your discharge that can interfere with this.

## MOTHER

### Wound infection (caesarean or perineal)

#### *Signs and symptoms*

- Reddened inflamed, gaping or oozing suture line
- Fever

### Uterine inflammation/infection

#### *Signs and symptoms*

- Smelly offensive vaginal loss
- Bright bleeding  $\pm$  clots
- Abdominal pain or cramps
- Fever

### Mastitis

#### *Signs and symptoms*

- Hard reddened area/lump on the breast/s
- Breast pain
- Fever
- Aching joints/limbs

### Deep Vein Thrombosis (clot in the leg)

#### *Signs and symptoms*

- Calf or 'vein' pain
- Hot reddened area on calf
- One leg more swollen than the other

### Urinary tract infection

#### *Signs and symptoms*

- Stinging and burning when urinating
- Difficulty in emptying your bladder
- Fever



### Postnatal distress

#### *Signs and symptoms*

- Feeling helpless
- Generally feeling anxious about everything
- Change in regular sleeping pattern
- Feeling unable to cope
- Anxiety about the baby's wellbeing
- Inability to make simple decisions

### Pulmonary embolus (clot in the lung)

#### *Signs and Symptoms*

- Chest pain mainly radiating from the breast bone
- Difficulty breathing or drawing deep breaths
- Breathlessness
- Racing pulse

### High blood pressure

#### *Signs and symptoms*

- Persistent frontal headache
- Blurred vision/spots before your eyes
- Tight band of pain around chest/right-sided under rib pain
- Worsening rather than lessening retention of fluid(oedema)
- Fitting

## BABY

### Infected cord

#### *Signs and symptoms*

- Foul-smelling, yellow drainage from the cord
- Redness and tenderness of the skin around the cord
- Active bleeding
- Pink scar tissue (Granuloma) which drains a light-yellowish fluid

### Respiratory infection

#### *Signs and symptoms*

- Snuffly nose
- Cough
- Difficulty feeding
- Breathing fast and using rib muscles
- Fever

### Persistent jaundice

#### *Signs and symptoms*

- Darkening of yellow skin colour instead of lessening
- Lethargy
- Poor feeding/poor weight gain
- Sleeping for long periods leading to less than 6 feeds in 24 hours
- Fever
- Less than 6 wet nappies per day
- Fitting

### Group B strep Infection (for those who have tested positive)

#### *Signs and symptoms*

- Fever
- Lethargy
- Poor feeding
- Rapid decline in well being