



Patient Information

Postnatal Community Care

Postnatal Care

While in hospital the Midwives will carry out postnatal checks on you and your baby. They will offer and organise the newborn examination (within 72 hours of baby's birth) and the hearing screen for baby. The Midwives will provide further information about the BCG vaccine if applicable.

When you are discharged home, we will provide you with any medications you need, but we advise you have some simple pain relief prepared at home (Paracetamol and Ibuprofen) as we do not provide this.

After you have been discharged from the hospital, Community Midwives and Maternity Support Workers will provide you with postnatal care. All service users will have a visit at home the day after discharge and your pattern of care will be discussed with you.

Some postnatal checks are completed in clinics and will be arranged with you.

When you are discharged home, you will be given printed notes for you and your baby, which includes your baby's Personal Child Health Record (red book), please have these with you at every contact with maternity services in the postnatal period.

Pattern of care

1st visit: The day after discharge from the hospital a Midwife will visit you at home, usually between 9am-4pm, and offer a postnatal check for you and your baby. If you have not seen a Midwife by 5pm please contact maternity triage.

Day 3 after birth: This appointment is to weigh your baby; support with feeding and answer any questions you have.

Day 5 after birth: On day 5 we complete the Newborn blood spot test on baby if you consent to this. We may also weigh baby again and perform all routine checks.

Day 10 after birth: Your baby will be weighed and if all is well with you and your baby, we will discharge you and your baby to the care of the GP and the Health Visitor. If it is not appropriate to discharge you at this point, we will make a plan with you for ongoing care.

Health visitors will contact you when your baby is around 14 days old. They will explain the plan for your ongoing care and provide you information on where to attend baby clinics. They will also give you information on local postnatal groups.

Baby's Weight

It is normal for a baby to lose a small amount of weight in the first few days. Depending on this weight loss a care plan will be made with you, to ensure your baby feeds well and gains weight.

Baby's Feeding

You will be offered ongoing support feeding your baby to ensure weight gain and development; however you are feeding your baby. If you experience any difficulties, please do not hesitate to contact us.

The Newborn Blood Spot Test

We offer a Newborn Blood Spot Test (NBBS) for all babies. Further information about this test can be found within the screening information given to you at your booking appointment and can be found online at:

<https://www.gov.uk/government/publications/screening-tests-for-you-and-your-baby>

Post Caesarean-Section Care

We advise that while you recover from your operation you take things easy, however we encourage mobilising to reduce the risk of blood clots (deep vein thrombosis). The midwives will check your wound and redress it when necessary. You may have a stitch for removal, and this should be explained to you prior to discharge. This is usually removed 10 days after your caesarean section. If you have any concerns about your wound, please contact maternity triage.

Important symptoms to look out for

If you have any concerns about yourself or your baby do not hesitate to contact the maternity triage. If you have a temperature, fever, or generally feel unwell or if you pass blood clots or have unusually heavy or offensive smelling bleeding, you should contact maternity triage immediately.

Postnatal Depression

It is common to feel low following the birth of a baby however if this is ongoing it is important to talk to a Midwife, health visitor or GP for support.

Important telephone numbers

Emergency 999

Maternity Triage 01908 996483 (24/7)

Community Midwives' Office 01908 996484

This number is not answered 24 hours but you can leave a voicemail and we will get back to.

Useful telephone numbers

- Breastfeeding network: 0300 100 0210
www.breastfeedingnetwork.org.uk
- Health Visitors Hub: 01908 725100
- La Leche League: 00345 120 2918
- MKUH Professional Midwifery Advocate (PMA) Birth Reflections service, please see additional leaflet for their details.
- PANDAS gives support for people coping with Pre and Postnatal Mental illness.
www.pandasfoundation.org.uk