

## ROUTINE POSTPARTUM CARE

### **Postpartum Vaginal Delivery Note**

S: Pain? / Tolerating POs? / Voiding? / Ambulating? / Breastfeeding?

O: VS

Breasts: Full / Engorged / Soft / Nontender

Abdomen: Soft / Nontender / Fundus firm / Below umbilicus

Perineum: Intact / Mild edema / Moderate lochia

Extremities: Nontender / No edema / No cords / Calor / Erythema / Tenderness

LABS: CBC

A/P: Continue routine postpartum care

D/C home – Follow up visit

Blood type – Rhogam if indicated / Rubella / HBsAg / PPD / HIV status

Circumcision status if male infant

Contraception

Address follow up for any antepartum issues – GDM, HTN, Hypothyroidism, etc.

### **Postpartum Caesarean Delivery Note**

S: Pain? / Tolerating POs? / Voiding? / Ambulating? / Flatus? / Breastfeeding?

O: VS

Breasts: Full / Engorged / Soft / Nontender

Heart: RRR. S1. S2. No m/r/g

Lungs: CTA bilaterally

Abdomen: Soft / Appropriately tender / Fundus firm / Below umbilicus

Incision: Clean / Dry / Intact / Erythema / Exudate

Extremities: Nontender / No edema / No cords / Calor / Erythema / Tenderness

LABS: CBC

A/P: Day 1: Remove Dressing

Remove Foley

Day 1 or 2: Change from PCA to PO pain medication

Day 3 or 4: Remove staples, if first abdominal incision

Continue routine postpartum care

D/C home – Follow up visit

Blood type – Rhogam if indicated / Rubella status / HBsAg status / PPD status

Contraception

Address follow up for any antepartum issues – GDM, HTN, Hypothyroidism, etc.