



What to expect after having your baby

Care of new mothers and their newborns

This leaflet gives you information about the care of women and their babies in the NHS in England. It explains guidance from NICE (the National Institute for Health and Clinical Excellence).

This aims to help you understand the care that will be available in the NHS during the postnatal period. During this period you may have some concerns about your health or

The day after you have returned home from hospital, a midwife from your community midwifery team will visit you at home between 9am and 5pm to check you and your baby, and arrange your next appointment.

The next visits are usually on the 5th day after giving birth and around the 10th day. These visits will either be home visits or a postnatal midwife clinic appointment.

More contacts will be arranged on an individual basis if necessary.

After the last visit the midwife will return your hand-held records to the hospital. Your care, and that of your baby, is then passed to your GP and Health Visiting teams.

Hygiene and the prevention of infection

Hand washing is the single most important factor in the prevention of infection.

Wash your hands with soap and water before preparing food, after changing nappies or using the toilet. You should also wash your hands often if you have a cold.

Ask visitors to wash their hands when they enter your home.

Ask people to stay away from you and your baby if they have an infection, diarrhoea or a cold sore.

Your baby's health and feeding

Most babies are born healthy and stay healthy during the postnatal period. However, a small number of babies have problems with their health. Babies who develop jaundice (a condition that causes yellowish colouring of the eyes and skin) in the first 24 hours should
-brown
meconium (the first stool of newborn babies) in the first 24 hours should also be checked straight away.

The information within this leaflet will help you to identify if your baby is unwell and when you need to contact a health professional. [053140156](tel:053140156) (TJBT1 001 44964(n))

Symptoms to watch out for	What this could mean	What you should do
Pain, swelling or redness in the calf muscle of one of your legs	Blood clot (deep vein thrombosis)	Contact labour ward or emergency services
Severe headache and one or more of the following symptoms: <ul style="list-style-type: none"> • Changes in your vision • Nausea or vomiting • Sudden swelling of face, hands or feet 	Very high blood pressure (pre	

Common health concerns in newborn babies

Concerns

Concerns	What you should do
Inverted nipples (this does not mean you cannot breastfeed your baby, but you may need more help and support to get you started)	Contact your healthcare professional for extra breastfeeding support
Difficulty feeding your baby after help with attachment and positioning	Contact your healthcare professional for additional help with attachment and your baby should be checked for a tongue tie
to feed your baby	Contact your healthcare professional for support with attachment and positioning. They will also b health and provide information on how to increase your supply
Sleepy baby	Try skin-to-skin contact or gentle body massage of your baby to wake the baby for feeding. If your baby continues to be sleepy contact your healthcare professional who

Help out of hours

There is always help available for you and your new baby out-of-hours:

Delivery Suite Tel: 01271 366205

Your local GP surgery

NHS 111

Further information

Breastfeeding and drop-in groups

Providing local breastfeeding support and guidance.

Ask your community midwife for information on local groups.

The organisations below can provide more information and support for women and their babies. (Please note that NICE and Northern Devon Healthcare NHS Trust are not responsible for the quality or accuracy of any information or advice provided by these organisations.)

- UNICEF Baby Friendly Initiative www.babyfriendly.org.uk
- National Childbirth Trust www.nct.org.uk or 0870 770 3236
- NHS Direct online www.nhsdirect.nhs.uk
- NHS Choices www.nhs.uk
- La Leche League www.laleche.org.uk

Breastfeeding Helpline 0845 120 2918

NHS Choices www.nhs.uk

National Institute for Clinical Excellence (NICE) www.nice.org.uk

www.tommys.org

Have your say