

72-Hour Home Visit

- Check on birthing parent's well being
 - How are they emotionally, physically, nutrition, hydration, rest, nursing
- Physical checks on birthing parent
 - Vitals – temperature, pulse, blood pressure
 - Breasts – engorgement, clogged ducts, nipple cracks or blisters
 - Uterus – involution, enlargement, tenderness, afterpains
 - Lochia – color, amount, clots, odor, vaginal pressure when standing
 - Perineum – if indicated, healing of stitched area
 - Bowels – constipation, hemorrhoids
- Recommendations
 - Nurse on demand, often, be sure to latch baby properly every time, apply a few drops of breast milk and air dry if sore or cracked nipples, if any clogs demonstrate how to massage and relieve
 - Watch for signs of infection – elevated temperature, flu-like symptoms, tenderness and call midwife with any concerns
 - Take ginger tea, motherwort tincture, other herbal remedy, or Ibuprofen for afterpains
 - Use witch hazel and aloe vera for hemorrhoids, stay hydrated, drink prune juice, and fiber for constipation
- Physical checks on baby
 - Vitals – heartrate, respirations, temperature
 - Weight check – gaining, losing, stable
 - Cord stump –oozing, redness, remove clamp if present
 - Skin – jaundice, wrinkling, peeling, diaper rash
 - Nursing – how often, how long, latch, thrush
 - Elimination – urinating and bowel movements regularly
 - Sleep – about 20 hours a day, co-sleeping
 - Penis - if circumcised
- Recommendations
 - Continue to keep cord area clean and dry
 - Watch for yellowing and lethargy
 - Nurse or feed on demand, about every 2-4 hours
 - Baby should be having plenty of wet and dirty diapers
 - Co-sleeping safely
- Discuss birth if parents are ready
- Handouts/Information
 - Issues with breastfeeding
 - Sleep safety
 - PP Mood disorders
 - Postpartum doula
 - How and when to contact the midwife

References

Davis, E. (1997). Heart & Hands: A midwife's guide to pregnancy & birth. (3rd ed.). Celestial Arts.

Lim, R. (2001). After the baby's birth: A complete guide for postpartum women. (revised ed.). Celestial Arts.