

Going home:

Discharge advice for new parents

We hope you have enjoyed your stay at St John of God Subiaco Hospital.

What should you do now?

1. Ensure you have your purple child health book, birth registration papers, medications, instructions and any x-rays before you leave the hospital.
2. Make an appointment to see your Obstetrician about six weeks after the birth of your child.
3. Arrange for your baby to have a six-week check with your family GP or Neonatal Paediatrician.
4. Contact your Child Health Nurse before leaving hospital to ensure an early visit.

Is your baby well?

Signs of a fit and healthy newborn:

- They will be pink with a temperature of around 36.5°C to 37.4°C and should wee and poo regularly.
- They will usually wake for feeds regularly and will feed well. When awake, they will be alert and will respond to stimulation around them. Newborn babies will usually sleep for long periods.
- They will breathe faster than you (around 40 to 60 breaths per minute), with short occasional pauses.

You should seek medical review for your baby immediately if:

- Your baby is very sleepy, not waking normally for feeds or feeding poorly. If your baby is feeding poorly, their wet nappies will usually decrease in number and/or wetness.
- Your baby is breathing fast (more than 60 breaths per minute), making grunting noises every time they breathe out, is working hard to breathe (sucking in their chest) or changing colour (from pink to blue).
- Your baby has a fever (greater than 37.4°C).
- Your baby has worsening jaundice or their colour is becoming white / grey or mottled.



Neonatal Jaundice

This is a common condition characterised by a yellow colouring of the skin. Most jaundice is normal and not dangerous. Usually babies do not require any treatment and it gradually disappears over the first couple of weeks of life. Occasionally, jaundice may worsen after your discharge home. Seek medical attention as soon as possible if your baby is becoming noticeably more yellow, or if they become sleepy or start feeding poorly. If your GP or Neonatal Paediatrician cannot see your baby very soon (within 2 hours) then you should attend your local emergency department.

The following information may also help as you adjust to being at home with a newborn:

Be aware of the signs of mastitis (inflammation of breast): flushed, hot, painful areas on the breast, elevated temperature and general flu like symptoms. Apply cool compress to the affected area prior to feeding and in between feeds. It's important to drain the affected breast either by breastfeeding or expressing. Paracetamol will help ease discomfort. Rest and increase your fluid intake. If symptoms have not settled within 12 hours, see your GP as antibiotics may be required. An untreated mastitis can quickly progress to breast abscess so prompt treatment is essential.

Episiotomy: Keep clean, cool and as dry as possible. Report any increasing pain.

Post epidural advice: If you experience persistent headache, fever, pain, swelling or redness at your epidural site, weakness in your legs or loss of bowel / bladder control, contact your doctor immediately.



ST JOHN OF GOD
Subiaco Hospital

Normal uterine healing - lochia (vaginal loss)

Sometimes increases following breastfeeding or postnatal exercise and may vary in colour from dark red to pale pink or brown and may continue for six to eight weeks. This should not be excessive, offensive in odour or consist of large clots. If this occurs contact your Obstetrician, GP or the Emergency Department at your local hospital.

Postnatal Depression: It is common and quite normal to feel tired, teary and overwhelmed at times. However if you are feeling this way most of the time or have concerns, discuss this with your GP or Child Health Nurse. Support is available throughout the community. St John of God Raphael Services (1800 292 292) offers information and specialised support.

Finally, take care of yourself by ensuring you get enough rest and are eating well and remember it takes time to adjust to your new role.

Breastfeeding support service

One on one support with a Lactation Consultant or Midwife for more complex issues surrounding breastfeeding. Fees may apply.

Breastfeeding Clinic:

Level 3, St John of God Subiaco Hospital.
Ph: 9382 6078

Health Choices home visit:

Ph: 1300 474 442

Breastfeeding circle

Small group with a Lactation Consultant supporting breastfeeding mothers during the first few weeks following discharge. This is a free service, please note bookings are essential.

Bookings: 9382 6708

Location: confirm venue at time of booking

Thursdays by the lake

Free sessions for mothers birthing at St John of God Subiaco Hospital. Held every second Thursday at Lake Monger Recreation Centre, 144 Gregory Street, Wembley. Call 9382 6708.

Early Weeks (12.30pm to 2.30pm)

This program is for new parents with babies up to about 12 weeks old. Facilitated by a Midwife / Lactation Consultant, a variety of parenting and baby care topics will be discussed. Partners welcome.

12 Salvado Road, Subiaco WA 6008

T. (08) 9382 6111 F. (08) 9381 7180 E. info.subiaco@sjog.org.au

 [facebook.com/stjohnofgodsubiacohospital](https://www.facebook.com/stjohnofgodsubiacohospital)

 @sjogsubibabies

www.sjog.org.au/subiaco

Published November 2019

St John of God Health Care Inc.

ARBN 051 960 911 ABN 21 930 207 958

SGHSOLFT0642 11/19



Consumer reviewed
and approved



ST JOHN OF GOD
Subiaco Hospital



Open House (9:30am to 11:30am)

This program is for parents with babies from three to nine months. New topics are discussed every fortnight and may include feeding, settling support and parenting. The friendly, informal environment offers an opportunity for mothers to network with other new mums. Bookings not required and partners welcome.

Handy numbers for when at home

Pregnancy Birth and Baby Helpline:

1800 882 436 (free advice)

Healthdirect WA:

1800 022 222 (free advice)

St John of God Raphael Services:

1800 292 292

(Mental health support services for parents of babies and toddlers)

St John of God Subiaco Health Choices:

1300 475 442

(SJG patients are able to have two free home visits within 10 days of discharge)

Breastfeeding is ever changing as your baby grows and develops. If you are having difficulties, seek help early by contacting our hospital, your Child Health Nurse or the Australian Breastfeeding Association.