

# Discharge Instructions for Maternity Care

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient ID: [Insert Patient ID]

## Congratulations on Your New Arrival!

We are excited to inform you that you are ready to be discharged. Please review the following instructions carefully to ensure a healthy recovery for you and your newborn.

### Postpartum Care for Mother

- Rest as much as possible and ask for help when needed.
- Manage pain with prescribed medications as needed.
- Monitor for signs of infection (fever, increased bleeding, etc.)
- Follow up with your healthcare provider in [Insert Time Frame].
- Maintain hydration and a balanced diet to support recovery.

### Care for Your Newborn

- Schedule a pediatrician appointment within the first week.
- Monitor feeding and diaper changes.
- Practice safe sleeping by placing your baby on their back in a crib.
- Provide skin-to-skin contact to promote bonding.

### Emergency Contacts

If you have any concerns, please contact your healthcare provider immediately:

- Doctor's Office: [Insert Phone Number]
- Hospital: [Insert Hospital Phone Number]

### Additional Resources

For more information on postpartum care and newborn care, please visit:

- [Insert Website Link]

Thank you for choosing [Insert Hospital/Clinic Name]. We wish you and your family all the best!

Sincerely,  
[Your Healthcare Provider's Name]  
[Your Title]  
[Insert Hospital/Clinic Name]