

Post-Partum Wellness Instructions

Date: [Insert Date]

Provider Name: [Insert Provider Name]

Patient Name: [Insert Patient Name]

Address: [Insert Patient Address]

Dear [Patient Name],

Congratulations on the arrival of your baby! As you transition into motherhood, we want to ensure that you have the necessary support and guidance for your post-partum wellness. Below are some important instructions to help you during this period:

Physical Recovery

- Rest as much as possible. Allow your body to heal.
- Engage in gentle activities like walking to improve circulation.
- Monitor any incision sites for signs of infection if you had a cesarean section.

Nutritional Guidance

- Stay hydrated; drink plenty of water each day.
- Consume a balanced diet rich in fruits, vegetables, whole grains, and proteins.
- If breastfeeding, include extra calories and nutrients to support milk production.

Mental Health Awareness

- Be aware of your emotional state; it's normal to experience ups and downs.
- If feelings of sadness or anxiety persist, please reach out for support.
- Consider joining a support group for new mothers.

Follow-Up Care

Please schedule a follow-up appointment in 6 weeks to discuss your recovery progress and any concerns you may have. If you experience severe pain, heavy bleeding, or any other worrying symptoms before that time, contact us immediately.

Thank you for your attention to these important matters. Remember, taking care of yourself is crucial to taking care of your baby.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]