

## POSTPARTUM RECOMMENDATIONS

Hooray! Congratulations on your new baby. There are many ways chiropractic, acupuncture, massage and nutrition will help your body find it's optimal comfort, shape and function. Our recommendations are based off of clinical experience and research. Our goal is to help you spend time with baby and not in our office!

### **Goals: Setting you up for success, establishing your postpartum routine**

#### **Home Recommendations**

Whether this is your first baby or your 5th, remember that the first two weeks can be incredibly overwhelming. Our recommendation is a collection of advice from moms, doulas and our doctors! For the first 2 weeks after baby -

- Stay home with baby. Nurse/Feed, Eat, Sleep, Shower
- No shopping, no laundry, no cooking
- Limit home visitors if you are feeling overwhelmed or unsure, Be very clear about how long they should stay, what you want help with
- Ask for help (ie. playdates for older siblings, food prep)

#### **Nutrition & Fitness Recommendations**

- Hydrate: Be sure to continue drinking about 100 oz of water daily
- Eat: Eat frequent, well-balanced foods, snacks
- Vitamins: Continue prenatal vitamins including Cal/Mg and Omegas while nursing
- Start baby on Vitamin D (400-1000 units/day) especially if nursing
- Exercise: Follow up with your Chiropractor and Midwife or OB prior to exercise
- Plan to begin with gentle stretching and walks with baby

#### **Chiropractic & Massage Recommendations**

- First visit: 2 weeks postpartum
- We check you for any aches and pains related to labor/delivery/nursing, etc
- Bring baby for a meet and greet and visual examination
- Chiropractic treatments once weekly for 4 weeks, tapering to every other week until fully immersed in regular fitness / home routine
- Resume chiropractic adjustments as needed, every 3-4 weeks
- 1-2 postpartum massages