Enhanced Recovery

Enhanced Recovery After Delivery (ERAD) guidelines for your hospital stay can help you bounce back faster.

Follow these steps for a STRONG FINISH After Your Delivery – While You’re In The Hospital

### Medications

Some pain after delivery is normal. We want to partner with you to manage your pain. To keep you comfortable, we effectively use non-steroidal anti-inflammatory drugs (Ibuprofen, Ketorolac, and Acetaminophen/Tylenol®). We encourage you to take pills by mouth.

Enhanced Recovery After Delivery (ERAD) has been proven to:
- Effectively manage pain while limiting the use of narcotic painkillers.
- Reduce unwanted side effects including nausea, constipation and swelling.
- Enable patients to move, drink and eat more quickly after delivery.
- Help patients to feel better faster.

### 4 – 6 hours after delivery

**For Cesarean Delivery:**
- Drink approved clear liquids: Water, flavored water, apple juice, cranberry juice, black coffee or tea, Gatorade.
- If tolerating clear liquids, begin to eat solid foods.
- Chew gum 3 times a day for 10 minutes. Don’t swallow gum.

**For Vaginal Delivery:**
- Hydrate and eat solid foods as tolerated.

### 1 day after delivery

**For both Cesarean Section and Vaginal Delivery:**
- Continue to drink liquids.
- 1.5 liters of water a day is recommended.
- Eat solid foods when you are ready.

### 2 days after delivery

**For Cesarean Delivery:**
- Continue to chew gum and advance diet as tolerated.
- Try to eat small, healthy frequent meals for the first week after delivery.

**For both Cesarean Section and Vaginal Delivery:**
- If breastfeeding, gradually increase diet to include an additional 500 calories of healthy foods and increase fluid intake.
- Drink lots of fluids, goal is **1.5 liters / day**.
- Because protein encourages healing, eat a minimum of 60 grams of protein per day. (There are about 7 grams of protein in one ounce of cooked meat, poultry or seafood.)

### 3 – 4 days after delivery

**For Cesarean Delivery:**
- Be up in your chair more than in bed.
- Goal is to be out of bed for more than 6 hours.
- Walk more than 4 times per day.

### Diet

**For Cesarean Delivery:**
- Drink approved clear liquids: Water, flavored water, apple juice, cranberry juice, black coffee or tea, Gatorade.
- If tolerating clear liquids, begin to eat solid foods.
- Chew gum 3 times a day for 10 minutes. Don’t swallow gum.

**For Vaginal Delivery:**
- Hydrate and eat solid foods as tolerated.

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### Activity

**For Cesarean Delivery:**
- Wear sequential compression devices while in bed.
- Call the nurse to assist the first few times you get out of bed.

**For Vaginal Delivery:**
- Hydrate and eat solid foods as tolerated.

**For both Cesarean Section and Vaginal Delivery:**
- With the assistance of your nurse:
  - **Goal 1:** Walk within 8 hours after your surgery to your chair, the bathroom, and/or to the shower.
  - **Goal 2:** Advance activity to include walking 3 to 4 times in the hallway.

**For Cesarean Delivery:**
- Be up in your chair more than in bed.
- Goal is to be out of bed for more than 6 hours.
- Walk more than 4 times per day.
<table>
<thead>
<tr>
<th>Activity</th>
<th>For Vaginal Delivery: Call for nurse assistance the first two times you get out of bed.</th>
<th>For Vaginal Delivery: Walk at least four times during the day. As a new mom, rest is also important. Take time to nap throughout the day.</th>
<th>For Vaginal Delivery: In addition to caring for yourself &amp; baby, walk at least four times during the day. Be up in your chair more than in bed.</th>
<th>Don't lift anything heavier than your baby.</th>
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</thead>
<tbody>
<tr>
<td>Breathing Exercise</td>
<td>Cesarean Delivery: If you received an incentive spirometer prior to surgery, breathe deeply using spirometer 10 times per hour upon arrival to your room.</td>
<td>Cesarean Delivery: Inhale deeply using spirometer 10 times per hour while awake.</td>
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<td>Breastfeeding</td>
<td>Discuss breastfeeding preference with your care team. Breastfeed or pump as soon as possible after birth.</td>
<td>Ask for lactation support and learn how to use hand expression and/or pump. Breastfeed at least every 2-3 hours or as directed by the lactation consultants.</td>
<td>Your nurse and lactation consultant can address any questions you have.</td>
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Thank you for partnering with us to enhance your recovery. We want you to have the best possible delivery experience!