



Newborn Discharge Instructions

Umbilical cord care: Keep clean and dry, fold diaper down to minimize irritation of umbilical cord. Notify physician if bleeding, redness, swelling, drainage or pus is noted. It usually falls off in 7-10 days.

Circumcision: Ointment saturated dressing should be kept in place (and replaced if soiled) for 12-24 hours. Once dressing is removed, continue to apply ointment to site for 4 to 7 days. Notify physician if bleeding, redness, swelling, drainage or pus is noted.

Bathing: Plain, comfortably warm, water is fine to bathe your baby with. If soaps or lotions are desired, they should have no fragrances or harsh chemicals. Promptly wrap your baby's head and body in a towel to help her/him stay warm.

Follow Up Visit: Your baby should be seen by your pediatric provider within 48 hours of discharge.

When to call your baby's doctor:

- *For pauses in breathing, lasting longer than 15 seconds or rapid breathing
- *You notice blueness or darkness on the lips or face
- *Your baby has a fever (greater than or equal to 100.4 F)
- *Your baby feels very cold with temperature below 98.6
- *Your baby cries a lot or appears too sleepy or sluggish
- * For increasing jaundice (yellowing of the skin) or new rashes
- *Your baby stops having a bowel movement or less than 3-4 wet diapers in 24 hours
- *Your baby is not looking well or feeling well

Resources for new parents:

Postpartum: <https://awhonnconnections.org/2015/07/14/postpartum-recovery-tips-for-moms-from-our-nurses-midwives/>

Breastfeeding: <https://www.llli.org/breastfeeding-info/>

Healthy babies: <https://www.healthychildren.org>

Safe Sleep: <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Screen Time: <https://www.healthychildren.org/English/family-life/Media/Pages/Where-We-Stand-TV-Viewing-Time.aspx>

Sibling Adjustment: <https://www.mother.ly/love/welcoming-new-baby-how-to-help-big-sibling-with-the-transition>