Keep your perineal area clean and dry:
- Use the spray bottle filled with warm water each time you use the restroom.
- Pat dry, gently, from front to back, with tissue or flushable wipe.
- Change your pad each time you use the bathroom.
- Wear loose cotton underwear or go without underwear when possible.
- Use a cool blow dryer to dry completely.
- Soak in the tub or use the Sitz bath at least three times a day.
- Wash your hands carefully to prevent the spread of infection, especially before touching the baby or your breasts.

Promote healing of the area:
- Get lots of rest.
- Eat lots of protein: meat, fish, cheese, eggs, legumes, and peanut butter.
- Eat plenty of Vegetables and Fruit.
- Drink at least 8 glasses of water daily.
- Take your prenatal vitamin daily.
- Take your pain medication as needed for comfort and to allow you to care for yourself and your baby.
- Keep your bowel movements soft with fiber or over the counter laxatives.

Call Triage (734) 764-8134 if:
- You have a fever greater than or equal to 100.4
- Your perineum is not improving after 48 hours.
- You notice foul-smelling lochia (vaginal discharge and bleeding) or uterine tenderness (below your belly button).
- You have hard or infrequent bowel movements.
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