

# **After the Delivery**

Pregnancy and Childbirth  
Patient Education Information

Obstetrics and Gynecology  
**Women's Health Program**



**University of Michigan**  
**Von Voigtlander Women's Hospital**

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## **Your Baby's Birth Certificate**

**A birth certificate is proof of your baby's date of birth and citizenship. The certificate is needed to start school, obtain a driver's license, and apply for a passport. It may also be needed to prove the right to vote, marry, earn Social Security benefits, and inherit property.**

At the hospital, you will receive a birth certificate packet with a worksheet to fill out. **In order for a birth certificate to be filed by the hospital, the worksheet must be filled out completely and ready for pickup prior to your discharge.**

Information that you will need to fill out the birth certificate worksheet includes:

- Your child's first, middle, and last name
- Your full maiden and married name if applicable
- Your and the father's state of birth
- Your and the father's date of birth
- Your and the father's social security number
- Your and the father's address, city, county, and state of residence
- Whether or not you want to request a Social Security card
- Current picture ID of each parent
- An Affidavit of Parentage document if unmarried and wishing to include the father on the birth certificate

Information for single parents is included in the birth certificate packet that you receive in the hospital.

You will receive a Proof of Birth Verification form that can be used for insurance, Social Security, Medicaid, and WIC purposes.

Your baby's **birth certificate can be picked up at the Washtenaw County Clerks Office (734-222-6720) approximately four weeks after birth.** The office is located on the corner of North Main and Ann Streets, at 200 N. Main St, Suite 100. Detailed information about obtaining your child's birth certificate is available in the packet provided to you.

## **Discharge Procedures**

Healthcare providers at the University of Michigan Health System realize that home is the best place for your new family to be. Doctors, midwives and nurses work hard to make sure you can leave the hospital as soon as you and the baby are ready. Most women stay in the hospital for about 24 hours a vaginal birth, and about 48 hours after a Cesarean birth. Your care will continue at home with a visit from the Michigan Visiting Nurses.

**Before you leave the Von Voigtlander Women's Hospital your nurse will do the following:**

- Remove your baby's ID band
- Remove the hospital infant security band
- Ask you to sign a custody form
- Give you any prescriptions your healthcare provider has written
- Return your hospital registration (Blue) card

You will make a 2-6 week postpartum appointment with your healthcare provider at this time. It is important that you return for a postpartum visit to make sure that you are healthy and recovering as you should.

You will also want to make sure that you have an appointment with your baby's healthcare provider. The healthcare team taking care of your baby in the hospital will determine when you should schedule your baby's first appointment. Most newborns are seen 1-3 days after discharge from the hospital.

### **Home Visit with Michigan Visiting Nurses**

Your post-delivery care at the University of Michigan will continue at home through the Michigan Visiting Nurses program. The day after you go home, a nurse will call you to answer any questions you have and schedule a home visit.

After a vaginal delivery, the home visit is usually made on the third day after birth. For women who have had a cesarean section, a visit can be expected on the fourth or fifth day, based on the healthcare provider's wishes. Parenting education at this visit is focused on educating the whole family, and the Michigan Visiting Nurses specialize in family-centered care.

On the day of your visit, the nurse will:

- Check the health status of both mother and baby.
- Teach mother and other family members about caring for a new baby (feeding, sleeping, normal development, signs of illness, etc).
- Answer questions regarding care for a new mother and baby.
- Provide information about when to contact the healthcare provider.
- Remove staples from the incision for Cesarean section mothers.

- Help with breast feeding.
- Check the home and baby's sleeping environment for safety.

After your visit, the nurse will

- Call to follow-up a few days later.
- Talk with your healthcare providers about the visit.

If you have any questions about the Home Care Program for New Mothers and Babies before your scheduled visit, call the Michigan Visiting Nurses at (734) 477-7297 or toll free at (866) 552-9913.

## **Newborn Medication**

### **Eye Treatment**

Michigan State Law requires that all infants receive erythromycin eye ointment within 1 hour after birth. The purpose of eye ointment is to prevent a form of eye infection that may occur in infants younger than 4 weeks of age. If the eye ointment is not given at birth, the infection can lead to permanent eye damage or blindness.

### **Hepatitis B**

You will receive information on the Hepatitis B immunization during your pregnancy and stay in the hospital. Your baby should receive the first dose of the vaccine before leaving the hospital. The vaccine is most effective at preventing Hepatitis B if given shortly after birth. Parents are encouraged to have their baby immunized at this time.

## Vitamin K

Vitamin K deficiency in newborns may cause unexpected bleeding during the first few weeks of life. Therefore, newborns receive an injection of the vitamin soon after birth which helps prevent the potentially life-threatening bleeding disorder.

## When to Call Your Healthcare Provider

After discharged from the hospital to your home, call your healthcare provider if **you** experience any of the symptoms below. If you are unable to reach your provider, call Triage at 734-764-8134.

- Fever over 100.4 °F (38.0 °C).
- Fever accompanied by chills.
- Severe pain in your abdomen, chest, back, or leg.
- Vaginal bleeding that gets heavier rather than lighter (enough to soak a maxi pad in one hour or less).
- Foul-smelling vaginal bleeding.
- Bleeding or any drainage from episiotomy, stitches, or abdominal incision.
- Warmth, redness, separation, or foul odor at an incision site.
- Difficulty urinating or burning with urination.
- Dizziness, light-headedness, or fainting.
- Racing heartbeat.
- Uterus that becomes soft and will not remain firm with massage as evidenced by heavy vaginal bleeding.
- Baby Blues that prevent you from taking care of yourself and/or your baby.
- Red, hot, swollen breasts with localized pain and fever.

- Your emotions are getting out of control and you are worried about harming your baby.

## **When to Call Your Baby's Healthcare Provider**

Call your baby's healthcare provider if **your baby** has any of the symptoms below. If you are unable to reach your baby's doctor, call the UMHS Pediatric Emergency Department at 734-936-4230 or your local Emergency Department.

- Your baby is not feeding well, including poor latching onto the breast, not nursing as long as before, falling asleep quickly at the breast, or not taking at least one ounce from a bottle at each feeding.
- Your baby is too sleepy to feed or has not fed in more than 5 hours.
- Your baby is not making the expected number of wet diapers. A one day old should have at least one wet diaper that day, a two day old should have two wet diapers per day. Each following day the number of wet diapers should increase by one until the baby is 7 days old. After 7 days, your baby will have about 7-8 wet diapers per day.
- Your baby is not stooling at least once per day in the first five days of life.
- Your baby is vomiting.
- Your baby is sweating or turning blue with feedings.
- Your baby is not breathing comfortably – usually evidenced by audible unusual sounds.
- Your baby's skin and eyes look yellow or orange
- Your baby has a fever over 100.4°F (temperature should be taken rectally with a rectal thermometer).
- Your baby's crying is inconsolable for an hour or more



- Oozing or a foul odor from the baby's umbilical stump or circumcision.
- Your baby is vomiting blood or there is blood in the stool.
- Anytime you are worried about your child.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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