

# A New Beginning

YOUR PERSONAL GUIDE TO POSTPARTUM CARE



**Saint Louis  
Regional Hospital**

*Your Neighbor for Life*

# Welcome to Saint Louise Regional Hospital



The staff at Saint Louise Regional Hospital welcomes you and your family to our Mother Baby Unit. We consider you and your family our honored guests and we THANK-YOU for choosing to share your special experience with us.

Having a baby is a very special time you will remember all your life. Most importantly, it is the beginning of a new family and a special relationship between you and your baby. We at Saint Louise Regional Hospital feel privileged to share the joy of your birth experience as we help you and your baby off to a safe and healthy start.

This manual is designed with your needs in mind even if this is not your first baby. Please spend some time reading through it and feel free to ask us any questions that you may have. A new baby represents change. Sometimes this can be very overwhelming. The more information you have, the more likely you will approach this journey with confidence and a positive perspective.

While you are here you can expect to be given personal care from our staff. Your baby will room in with you so you can have a chance to bond and become comfortable caring for your newborn. We will assist you in teaching you how to care for yourself and your baby during this time. If you are alone in your room, and caring for your baby becomes too overwhelming, the nurses are here to help you. In fact, we understand the importance of rest. That is why we provide you and your baby a quiet time from 2:00 pm to 5:00 pm every day. This rest enhances the healing process and gives you the permission to have uninterrupted sleep. We ask that your visitors respect this quiet time and schedule their visitations around this time.

Our nurses will make routine visits to your room throughout their shift to make sure you are comfortable. At any time, you can use your call light to ask for pain medication, food, linen, or any other concern. Pain medication is given at your request only so if you need pain medication, ask for it so you and your nurse can develop the best plan for your pain relief.

Throughout your stay, we have visiting hours from 9:00 am to 2:00 pm and again at 5:00 pm to 9:00 pm. We ask that all your visitors be in good health and to limit children visitations to siblings only. For security reasons, your visitors will need to ask for you by name, via a phone, located at the entrance to the unit before they are allowed to enter. In addition, after delivery, a security bracelet is applied around your child's ankle. This bracelet allows us to monitor your baby's location and provide extra security during your stay here. We value patient confidentiality, so we will not provide any information to visitors who call the unit, asking us about the status of your delivery or any information about you or your baby. In addition, your entire stay can be confidential at your request.

The day you are discharged your baby will need clothes and a blanket to go home in as well as an infant car seat. It is helpful to have the infant seat installed before you come to the hospital to expedite your discharge. We do not have a set discharge time. Each discharge is dependent upon the physician's daily rounds.

During your stay here, please help us by letting us know how we can meet your needs. We want the opportunity to exceed your expectations in every way possible!

## Inside Back Cover

# Nursing Mother's Support Group

at Saint Louise Regional Hospital

Wednesdays 10:00 am to 11:00 am

*Why should I attend?*

To receive:

- Practical guidelines for breastfeeding
- Up to date breastfeeding research
- Survival tips from a lactation educator
- And most importantly, support from other breastfeeding moms!

This class is open to mothers of babies (birth-6 months of age). It is facilitated by a Registered Nurse who is an International Board Certified Lactation Consultant who is available for problem solving, questions and support.

We meet at Saint Louise Regional Hospital Nursery. This is a free service. You do not need to register to attend. Just bring your baby!



## Important Phone Numbers

<b>Saint Louise Regional Hospital</b>	Labor and Delivery . . . . . (408) 848-8664
	Postpartum Unit . . . . . (408) 848-8663
	Lactation Education . . . . . (408) 848-8639
	Pre-Admission Info . . . . . (408) 848-4968
	Business Office/Billing . . . . . (866) 899-9626
	Medical Records . . . . . (408) 848-8615
	Physician Referral Line . . . . . (408) 848-4941
<b>Empowered Parents</b>	Classes for Expectant Parents . . . . . (408) 594-0590 / (408) 594-0591
<b>Birth Certificate Info</b>	Santa Clara County . . . . . (408) 299-2481
<b>Social Security Office</b>	. . . . . (800) 772-1213
<b>WIC: Women Infant &amp; Children</b>	Nutritional Services . . . . . (408) 792-5101
<b>Poison Control</b>	Medical Resource System . . . . . (800) 222-1222
<b>Gilroy CHP Office</b>	Car Seat Safety Inspections . . . . . (408) 848-2324
<b>Tomasini Lactation Consulting</b>	Pump Rental/Pump Sales . . . . . (408) 482-1206
<b>La Leche League</b>	Lactation Support . . . . . (800) 525-3243
<b>Postpartum Hotline</b>	Postpartum Support Services . . . . . (888) 773-7090
<b>Beyond Blues</b>	Postpartum Counseling . . . . . <a href="http://www.pecindman.com">www.pecindman.com</a>
<b>Las Madres</b>	Mom's Play Group – Gilroy . . . . . <a href="http://lasmadresofgilroy.org">lasmadresofgilroy.org</a>
	Mom's Play Group – Morgan Hill . . . . . <a href="http://mhlasmadres.org">mhlasmadres.org</a>

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