

Breastfeeding and Medications

Medications are reviewed and ordered carefully by your medical team. They are safe for you to take after delivery even if you are breastfeeding, as long as they are taken as prescribed. If you have any additional questions about your medications and breastfeeding, ask to speak with a lactation consultant.

Combination Medications

Usually used after discharge

Oxycodone and Acetaminophen (Percocet)

How is it taken? By mouth

Use/Indication: Moderate to severe pain

Common Side Effects: Dizziness, upset stomach, drowsiness, constipation

**CAUTION* should not take with other medicines containing acetaminophen (Tylenol)*

Hydrocodone and Acetaminophen (Vicodin)

How is it taken? By mouth

Use/Indication: Moderate to severe pain

Common Side Effects: Dizziness, upset stomach, drowsiness, constipation

**CAUTION* should not take with other medicines containing acetaminophen (Tylenol)*

Department of OBGYN
additional patient resources



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Postpartum Pain Management

What to Expect



Maximizing Comfort without Medicine

Ice Pack and/or heat pack

- To help with pain in a specific area. Ice packs are great for pain in the peri area. Heat packs are great for lower back pain or abdominal cramping.

Peri Bottle

- Used when going to the bathroom instead of wiping. This helps keep the peri area clean with minimal discomfort.

Dermoplast Spray

- Ask your doctor or nurse for this spray to help numb the peri area. Use this as needed.

Witch Hazel or “Tucks” pads

- Ask your doctor or nurse for these. They are wipes that help with swelling, itching, minor pain and discomfort.

Sitz bath

- A small insert used in the bathroom to create a warm bath for your peri area after delivery.

Waffle Cushion

- Used on a chair to help with discomfort.

Cough Pillow

- Used after a cesarean surgery. The pillow is held tightly around the abdomen when coughing, laughing, etc. to help stabilize the abdominal area.

Abdominal Binder

- Used after a cesarean surgery. The binder is an elastic band that holds the abdominal area tight while sitting, laying, or standing.

Walking on the unit

- Walking helps healing in many ways and helps pre-vent blood clots.

Chewing Gum

- Assists in passing gas after cesarean sections.

Pain management after delivery

Pain management expectations: After delivery, normal pain can be described as discomfort that does not interfere with daily tasks such as walking around the unit, taking a shower, and getting dressed. Medications used with items on the first panel (maximizing comfort without medicine) is the most effective pain management in the hospital and at home.

During a hospital stay, patients can be ordered a combination of medications such as Tylenol and Motrin, to help manage pain (some people are unable to take these medications) around the clock. Taking these two medications when they are due will help keep the pain at a manageable level.

Sometimes it is helpful to “stagger” or take the two medications at different times in order to have something available approximately every 3 hours.

Common medications ordered after a vaginal delivery include but are not limited to:

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)

Common medications ordered after a cesarean section delivery include but are not limited to:

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin)
- Toradol (see next panel for information)
- Oxycodone (see back panel for information)

Common Medications

Acetaminophen (Tylenol)

How is it taken? By mouth or rectally

Use/Indication: Mild to moderate pain and/or fever

Common Side Effects: Upset stomach

**CAUTION* should not take with other medicines containing acetaminophen (Tylenol)*

Ibuprofen (Advil/Motrin)

How is it taken? By mouth

Use/Indication: Mild to moderate pain and/or fever

Common Side Effects: Upset stomach

Ketorolac (Toradol)

How is it taken? By mouth or by injection

Use/Indication: Moderate to severe pain

Common Side Effects: Headache, upset stomach

Morphine

How is it taken? By mouth or by injection

Use/Indication: Severe pain that doesn't respond to other pain medications

Common Side Effects: Dizziness, upset stomach, drowsiness, constipation

Simethicone

How is it taken? By mouth

Use/Indication: Gas Pain

Common Side Effects: Nausea, constipation, diarrhea, or headache