Association of Ontario Midwives Delivering what matters. Uterine cramps (involution) Breast engorgement Multiple organs/tissues involved Non-surgical **Surgical** Headache Complications of C-Section Generalized oedema Severe perineal trauma Muscle strain neck/back/legs 3rd or 4thdegree laceration Distension caused by gas Rest Dry/moist heat, ice

Management of postpartum pain

Common causes & locations of pain Caesarean section/perineal trauma Spinal headache, ileus or gas pain Varicosities/hemorrhoids/edema Differential diagnoses Localized Perineal laceration C-section incision site Haemorrhoid Normal wound healing Infected wound Hematoma Cellulitis, serosoma, abscess Dependant oedema, phlebitis Clinical management of symptoms herbal/traditional/homeopathy Pharmacological management Ibuprofen 200-400 mg every 4-6 hr Resolving (max daily dose 2400 mg) Normal wound healing AND/OR Symptoms resolving Acetaminophen 600-1000 mg every 4 hr (max daily dose 3250 mg)* ROUTINE **Alternative NSAIDs CARE** Naproxen 220-500 mg every 6-8 (max daily dose 1250 mg) OR Diclofenac 50-75 mg every 8 hr (max daily dose 150 mg)

* Health Canada recommends a max daily dose of 4000 mg, which is generally well tolerated. However, rare cases of hepatotoxicity have been reported at that dose. Some experts recommend a lower max daily dose (3250 mg/24h). Doses >4g/24h strongly associated with hepatotoxicity.

References

Not resolving

Generalized symptoms persist

Poor healing of surgical wound:

OR

Persisting

Localized symptoms persist Haemorrhoid worsens

and/or haemorrhoid >3 cm

REFER TO PHYSICIAN

Malodorous, purulent drainage

Ervthema

Induration

Fever >38°C

- 1. College of Midwives of Ontario Standard on Prescribing and Administering Drugs. Toronto: College of Midwives of Ontario; May 2008.
- 2. Declercq E, Cuningham D, Johnson C, Sakala C. Mothers' reports of postpartum pain associated with vaginal birth and Cesarean deliveries: Results of a national survey. Birth 2008:35(1):16-24.
- 3. Guindon J, Walczzak JS, Beaulieu P. Recent advances in the pharmacological management of pain. Drugs 2007;67(15):2121-33.
- 4. Bateman DN, Eddleston M, Sandelands F. Codeine and breastfeeding. The Lancet 2008;372(9631):625.
- 5. O'Malley P. Too much of a good thing: Paracetamol (Acetaminophen) Toxicity: Update. Clin Nurse Spec 2005;19(1):18-9.
- 6. Amar PJ, Schiff ER. Acetaminophen safety and hepatotoxicity-where do we go from here?. Expert opinion on drug safety. 2007 Jul 1;6(4):341-55.