

Post-Natal Home Visit Package



The postnatal period lasts for six weeks, beginning right after the baby is born. During this period, the mother goes through many physical and emotional changes while learning to care for her newborn. You will be visited by a qualified and trained lactation midwife / nurse who will perform the assessments throughout the four visits as below.

POST-NATAL PACKAGE

B\$300

FOR MOTHER

- Head To Toe Postnatal Assessment
- Breastfeeding Assessment & Education (Lactation)
- Wound Assessment, Care & Dressing
- Psychological Assessment & Support

FOR THE NEWBORN

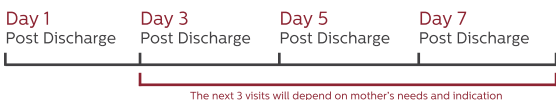
- Head To Toe Assessment
- Umbilicus Assessment
- Feeding Assessment
- Elimination Assessment
- Weight Assessment
- Jaundice Assessment

*LACTATION MESSAGE (OPTIONAL)

*INFANT MESSAGE (OPTIONAL)

POST-NATAL VISIT TIMELINE

- Maximum 4 visits
- Length of examination: **1 HOUR per patient** (during office hour)



LACTATION AND BREASTFEEDING CONSULTATION AND EDUCATION

- Assess the mother's complaint on breastfeeding
- Breast assessment and examination
- Assess / educate attachment
- Assess / educate on positioning of breastfeeding
- Educate mothers the do's and don't 's on food to be taken during breast feeding
- Breast massage (If required) (additional charges)

INFANT MASSAGE SESSIONS (OPTIONAL)

SESSION 1

- Introduction Birth of Infant Massage
- Benefits of infant massage
Massaging Legs and Feet

SESSION 2

- Massaging Stomach and Chest
- Massaging Arms and Hands

SESSION 3

- Massaging Face and Back
- Gentle Movements

SESSION 4

- Massage for relief of colic / gas
- Repeat the whole sessions

BOOK AN APPOINTMENT

OBSTETRIC & GYNAECOLOGY CLINIC

Call

261 1433 ext 3000 / 3002

Email

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*Terms and condition applied.

The payment needs to be made at booking. Once booked, not refundable or transferable.

