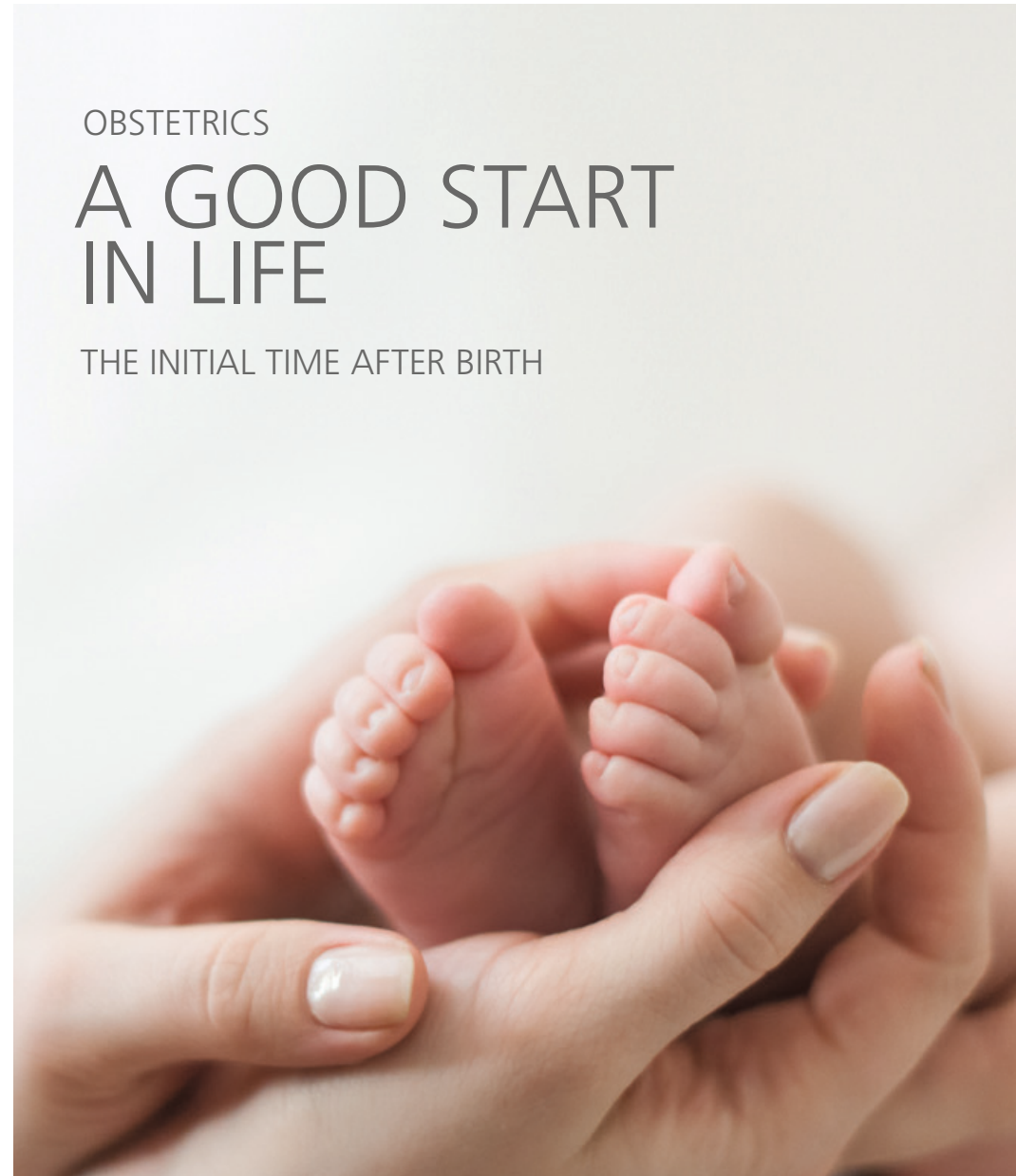


OBSTETRICS  
**A GOOD START  
IN LIFE**

THE INITIAL TIME AFTER BIRTH



**OBSTETRICS AT RUDOLFINERHAUS**

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**RUDOLFINERHAUS  
PRIVATE HOSPITAL**  
VIENNA'S LEADING PRIVATE HOSPITAL

## THE FIRST FEW DAYS AS A FAMILY

### WELCOME TO LIFE!

We congratulate you warmly on the birth of your baby. The obstetric team will be glad to accompany you, regardless of whether you have given birth as an outpatient, have had a natural birth or a caesarean section. We wish to enhance your comfort and safety so you can process this memorable experience as a family. This brochure tells you what you and your baby may expect in the initial period of your lives together and what you should be careful of after your discharge.

When you are admitted as an inpatient to Rudolfinerhaus, you experience a number of comforts such as a single room (if you wish, even a family room where fathers and siblings are most welcome to stay), a hotel service that fulfils your personal wishes, an a la carte restaurant in the lobby, a tea room at the ward, and a limousine service at no charge on the day of your departure. Our large park with old trees is, of course, available for your first walk with your newborn.

### INDIVIDUAL PERSONAL CARE & SAFETY

Our midwives and the nursing team will take care of you and your newborn round the clock in your childbed. Mother and child have accomplished the incredible during pregnancy and birth. Therefore, the most important elements of their lives now are recovery, regeneration and rest, so they are able to adjust gently to their new rhythm of life and adapt to each other. Our obstetric team



works in accordance with the current state of the art in science and has extensive experience. We accompany you as a family in a very personal way and fortify your own abilities and resources.

In the course of your daily care and/or the midwife's visit we discuss in detail all aspects of care and answer all your specific questions. Our team offers many additional services such as advice on breastfeeding and baby massage. We give you valuable tips and practical instructions to make the first few days easier for you and your newborn baby.

If you have decided to deliver your baby as an outpatient, which means that you will be discharged from the hospital within 24 hours, the midwife of your choice will take care of you in your childbed at home. You will find the details on page 30 under "Midwife's visits".

## INITIAL BONDING

Bonding is the name given to the phase during which parents and the baby connect with each other. Directly after birth, the newborn is placed on the mother's naked chest. This first close contact is very important for developing emotions and bonds between mother and child. The bonding hormone oxytocin is released. For the baby, a good bonding experience is the basis of developing his/her primal trust, feeling secure and safe. Mother and child should be given the opportunity to enjoy this important phase undisturbed. During bonding, many babies seek their way to the mother's breast all on their own and start to suckle independently. If an adequate bonding opportunity cannot be created in the labour room, it can be done later in the childbed at the hospital room.

## BONDING AFTER CAESAREAN SECTION

We do all we can to enable bonding between you and your child in every situation, even after a caesarean section. Here we make it possible for you to bond in the operating room. The mother is given a so-called bonding top or a stretch band of cloth around the breast.

Once the baby has been born and the neonatologist has consented, skin contact is established immediately between the mother and the child by placing the baby on this top, where it is held secure. The child remains with the mother until the end of the operation if she so desires. Quite often this is the time when she can also breastfeed her baby for the first time.

Due to this bonding opportunity after a caesarean section, infants born by caesarean section at Rudolfinerhaus receive the same support as those born by spontaneous delivery. Early skin contact and the early option of breastfeeding signify less stress, and it also supports the immune system. If the mother is unable to bond for some reason, the father can take over the bonding process.

## BUILDING A RELATIONSHIP WITH THE FATHER

The birth of every child marks the beginning of a new family structure. Everything is re-arranged. For the father, the birth of a baby marks the beginning of a relationship with his child. He can touch the baby for the first time, give the baby a feeling of physical proximity, and grow into his new role as a father. Our team will be glad to answer any questions a father may have. Under our guidance he can learn everything about baby care and thus relieve the mother so she can rest after the delivery. Siblings also need to adjust to the new situation. Therefore, we permit siblings to visit their mother and the newborn at nearly all times and will be glad to give advice about your individual family situation if needed.



## ROOMING IN

To promote the bond between parents and child and give you the opportunity to devote yourself fully to your baby, we live the nursing concept of "Rooming in". This means that your newborn stays in your room. You can react immediately to your baby's needs and get to know him/her. Of course, we as the nursing and midwife team are available for assistance round the clock and will be glad to pass on our experience and knowledge to you. Our hotel service will also respond to your individual rhythm and take care of your needs beyond the regular mealtimes by providing vital food for a woman who has recently given birth to a child.



## BABIES NEED CLOSENESS

Observe your baby and become familiar with your baby's needs and expressions from the very first day. React immediately, with care, and appropriately to his/her needs. Babies must have physical contact and attention. Do not let your baby scream and do not leave him/her unattended. Stay close to him/her.

By gently swinging and carrying your baby, you can calm him/her. Humming, speaking loving words, eye contact and touch are very important forms of communication. They give your newborn a sense of security and establish a secure bond. You will soon discover your baby's needs. He/she will show you, for instance through a change in behaviour, that he/she is not comfortable.

## ORGANISE YOUR CHILDBED AT HOME

The first weeks at home should be calm and devoid of any stress. Organise some support in advance for this important period of time. Ideally the father should take over the household, go shopping, prepare meals, and limit the flow of visitors. Here is a tip: as a father, take a few days off after the birth of your child or a month of vacation as a daddy. Do not miss this initial formative time period as a family.

## STRESS

Avoid stress for yourself and your child. Especially during the first few weeks, ensure you have a regular daily routine with adequate rest and time for regeneration. Too many activities or visitors on a single day may have a detrimental effect. If you are stressed out as parents, your baby will feel it and your tensions will be passed on to your child.

## BREASTFEEDING

### INITIAL SUCKLING

The baby usually seeks the mother's breast instinctively in order to suckle extensively for the first time. This has a calming effect and triggers a contraction of the uterus. Our team accompanies you until you have established a successful breastfeeding relationship with your baby.

### START OF BREASTFEEDING

Breastfeeding has a number of advantages for the mother and the newborn. We will be glad to speak to you about the subject and answer any questions you may have: our midwives and the nursing team are fully up to date and attend ongoing training programmes.

This QR code is a link to a highly recommendable film named "Breast is Best". It provides practical tips and suggestions on breastfeeding.



### UNIQUE MOTHER'S MILK

A mother's milk during the first six months contains everything a baby needs for his/her nourishment and development: protein, fat and carbohydrates. The vitamins, minerals and enzymes contained in mother's milk are exactly aligned to the needs of the rapidly growing organism in every phase of his/her development. Besides, the individual constituents have a high bioavailability. Mother's milk contains large quantities of long-chain unsaturated fatty acids (which are important for optimal development of the central nervous system and the brain). Furthermore, it contains antibodies that the child needs for the development of the yet immature immune system and offers unique protection from infections and allergies. The bifidus factor of mother's milk creates a healthy intestinal flora; the growth of harmful bacteria is curbed.



### BREASTFEEDING IS MORE THAN THE INTAKE OF FOOD

All of a baby's five senses are stimulated in breastfeeding. The baby sees, feels, hears, smells and tastes the mother. Breastfeeding is linked to the intake of food, closeness, bonding, calming, and falling asleep (the word "breastfeeding" encompasses "stilling needs" and "calming"). Breastfeeding meals typically consist of several courses with small breaks between the individual courses, in different sequences and intensities. Therefore, take your time and focus fully on your baby when breastfeeding. Suckling at the breast ensures optimal development of the jaw and the muscles of the mouth. It also promotes the development of speech and reduces misalignment of the teeth.

## A MOTHER'S DIET WHEN BREASTFEEDING

An appropriate diet is extremely important for the optimal development of your infant. It is also the best prevention against diseases in your child's later life. Take a balanced and diverse diet during the period of breastfeeding. Now you are free to ingest raw food (such as raw milk products, Camembert cheese, sushi, beef tartare, raw sausages, etc.). You also need not avoid foods that cause gas (such as onions or cabbage). You should limit your intake of coffee to moderate quantities (1-2 cups a day).

In order to form mother's milk, a mother's body needs additional energy – in fact, even more than it does during pregnancy. In the lactation period a woman's metabolism is highly efficient. The body fulfils her energy needs through this change in metabolism and also through the energy reserves built up during pregnancy. You need to ingest about 500 kilocalories of additional energy every day.

If these nutritional requirements are fulfilled by a diverse and healthy diet, usually the body will receive all the vitamins and minerals it needs in adequate quantities. In case of a strictly vegan diet, mother and child may develop nutritional deficiencies.

## PROFESSIONAL NUTRITION COUNSELLING FROM OUR DIETITIANS

If you have a vegetarian diet or especially a vegan diet, you do need professional nutrition counselling. Our dietitians will be glad to accompany you on an outpatient basis from the period of lactation to the time your baby is a year old. Our "You & Me Package" is designed especially for this purpose. The consultations are held in the form of flexible individual sessions. Together with you, the dietitians create tailored nutritional concepts. If you have specific medical questions you will be advised by nutrition experts and metabolism experts. You will find detailed information on "Nutrition counselling" on our homepage about obstetrics under "In expert hands even after the delivery".

## ALTERNATIVE TO BREASTFEEDING

If you decide in favour of an alternative form of feeding, our team will be glad to assist you in bonding-oriented bottle-feeding. Like breastfeeding, feeding a baby with a bottle is not merely the intake of food but also indivisibly linked to bonding and closeness. Therefore, give your baby the bottle with as much direct body contact as possible and maintain eye contact with him/her. Feed your baby yourself as far as possible. When bottle-feeding, look out for communicative signs from your baby which signal that he/she wishes to have a break. When breastfeeding, a baby can regulate his/her suckling behaviour himself/herself, depending on when he/she wishes to satiate hunger or merely suck. Imitating this behaviour with a bottle is not easy because any sucking at the bottle causes a constant flow of milk from the bottle.



# SAFE SLEEP FOR BABIES

## DAYTIME AND NIGHT RHYTHM

A baby sleeps on average 15 to 18 hours a day, but is initially not aware of a day and night rhythm. After a few months one observes a sleep rhythm. A baby's sleeping behaviour is highly individual – some like to take "power naps", whereas others sleep for a longer period of time at a stretch. You as parents can help your baby to find a sleep rhythm. When you see that your newborn is tired, put him/her on the bed so he/she can sleep. Make sure this phase of tiredness is not passed over. Start with a ritual that makes it more pleasant for your baby to fall asleep. Babies who are being breastfed initially should not sleep for longer than three hours at a time.



## SUDDEN INFANT DEATH SYNDROME

Sudden Infant Death Syndrome or SIDS is the term used for the sudden and unexpected death of a previously normal and healthy-looking infant, for no obvious medical reason. It occurs during sleep and in the first twelve months of a baby's life. We still lack a clear explanation for the sudden infant death syndrome, although intensive research on the subject is ongoing and new therapies are being developed. SIDS is attributed to the simultaneous presence of regulatory deficiencies in the baby and environmental factors. Babies do have inborn life-preserving reflexes, but these need to grow and mature – this specifically concerns breathing and the regulation of temperature. In the last few decades there has been a marked reduction (-80 %) in the incidence of SIDS. This is because parents have been consistently advised and informed about the potential risk factors. Therefore, here we will inform you about the principal factors you should keep in mind in order to protect your child.

## SLEEP IN SUPINE POSITION

Babies should always sleep in supine position (on their backs), never in prone position (on the belly), except if the baby is under your direct observation. This measure alone reduces the risk of SIDS by 50 %. The side position is also not advised because your baby can easily roll onto his/her abdomen when asleep. If your infant can only sleep in prone position, turn him/her on his/her back after he/she has fallen asleep and try at intervals to get your baby to sleep in supine position. Previous concerns about babies sleeping in supine position being exposed to the risk of getting vomit into their air tubes have been clearly disproven. If your baby is awake and under supervision, he/she may also lie on his/her stomach because the prone position is important for the baby's motor development. A pacifier can reduce the risk of SIDS. If your baby does not use a pacifier, that is fine. If your baby spits out the pacifier into his/her sleep, do not re-insert the pacifier into his/her mouth.

## IN A SLEEPING BAG, NO BLANKET, NO PILLOW

Make sure your baby's airway tract cannot become displaced. Use a sleeping bag and no blanket for your newborn. The sleeping bag should not be too large; your baby should not slip into it. We recommend a firm baby mattress that is breathable and moisture regulating (made of natural material) and is covered with a fitted sheet. The sleeping surface should be free of soft objects and loose bed linen. Pillows, sheets and soft toys may shift your baby's airway tract and do not belong in a baby's bed! Make sure there is adequate circulation of air around the head.

## THE RIGHT SLEEPING TEMPERATURE & SLEEPWEAR

You must ensure your baby is not overheated. The bedroom should not be heated. We recommend 18°C (maximum 20°C) as the ideal sleeping temperature. If the skin between your baby's shoulder blades is warm but not sweaty, your baby is neither too cold nor too hot. Especially in case of fever (infection), your baby should be able to give off his/her body's heat adequately. In this case it is better to use a blanket. Regular shock ventilation ensures adequate fresh air, but protect your baby from draughts. The baby's bed should not be placed next to a radiator. Natural materials are the optimal bedding because they are breathable, regulate moisture, and regulate temperature. While

your baby is asleep he/she should not wear a bonnet; this will ensure his/her head is not overheated. Cool hands do not mean that your baby is generally cold. If he/she has cold feet you could put socks on his/her feet. A baby sheepskin or lambskin on the baby's bed may look cosy, but causes overheating and is therefore not suitable.

## SLEEPING IN A BABY'S BED. SLEEPING IN THE PARENTS' BEDROOM.

Your child needs to be close to you and will certainly fall asleep on you quite often. We recommend that you let your baby sleep in your room, but in his/her own bed. However, before you go to sleep yourself, ensure your baby is in a safe sleeping position and that he/she cannot fall out of the bed (also after feeding the baby at night).

## SMOKE-FREE ENVIRONMENT

Babies most certainly need a smoke-free environment because cigarette smoke is especially harmful for babies and may lead to asthma in early childhood. Parents and visitors should also not smoke.



## PERSONAL REGENERATION FOR MUMS

The time period of approximately six weeks after the delivery serves the purpose of recovery and regeneration. It starts with the involution of the uterus, includes healing of birth injuries, recovery of the pelvic floor, normalisation of body weight and hormone balance. These physical changes are largely steered by hormones. The intensity and duration (about nine months) of the process differ in every woman and naturally also depend on the type and the course of delivery.

### POSTNATAL DIET

Take a balanced and diverse diet (see page 10). Mothers should refill their nutrient reserves because pregnancy and delivery impose great demands on the body.

### BODY CARE

You may shower as you always do. If you have a perineal suture, rinse it several times a day with water and a mild soap. Change the pads regularly, as this will ensure the suture remains dry. The perineal suture dissolves on its own after one or two weeks. Even after a caesarean section you are permitted to take showers. Use creams in the area of the sutures only after consulting your doctor. Careful physical hygiene is especially important after delivery.

### POST-BIRTH VAGINAL DISCHARGE

Post-birth vaginal discharge persists for about four to six weeks. During this time, you should not take a full bath, you should not go swimming, and you should not use tampons (risk of ascending infection).



### START OF THE RECOVERY PROCESS IN THE EARLY POSTPARTUM PERIOD

Pregnancy transforms the female body: the skin, tissue and muscles are stretched very markedly. After delivery, especially the muscles of the abdomen and the pelvic floor need help. Our physiotherapists will show you the first effective exercises that support the process of uterine involution. The physiotherapists will visit you in your room at the ward (weekdays) and give you useful tips for the time period at home.

If you wish, you may receive a relaxing neck massage free of cost. We additionally advise you to attend a postpartum recovery gymnastics course which you may start about four to six weeks after the delivery.

## INDIVIDUAL CARE AT THE POSTPARTUM RECOVERY GYMNASTICS

During pregnancy and delivery, the muscles of the abdomen and the pelvic floor are out of balance. Over-stretching initially weakens both muscle groups. Postpartum and recovery gymnastics support the restoration of the abdominal and pelvic floor muscles, and prevent subsequent prolapse of the uterus and incontinence. They also help if you have back pain after the delivery.

During the first few postpartum days, the pelvic floor should be activated very slightly. After the tenth day it would be meaningful to tense the muscles more strongly. Even after a caesarean section you can start the initial exercises early. Take your time when you go to the toilet. Do not under any circumstances interrupt the flow of urine and do not try to press.

- Do the exercises regularly several times a day.
- Do the exercises slowly and with good control.
- Make sure you breathe properly.
- Getting up and walking early in the postpartum period assist your circulation and the uterine involution process.
- Tense your pelvic floor muscles when you cough, sneeze, laugh, lift, or carry objects.
- When you carry loads, always keep them close to your body.
- Always turn on your side before you stand up.
- When you are breastfeeding, make sure you are in a comfortable position that is easy on your back.

During the first few weeks postpartum we recommend therapy units of recovery gymnastics. Our specially trained therapists will be glad to assist you personally on an outpatient basis even after your discharge. The therapists will design a tailored programme for you, aligned to your specific needs. Of course, you may bring your baby to the therapy units.

### RESOLUTION: EXERCISE PAGES

With QR codes you will find the exercise pages that describe specific Involution exercises after spontaneous delivery as well as caesarean section.

Spontaneous  
delivery



Caesarean  
section



### VIDEO-TUTORIAL

This QR code will lead you to a video tutorial with a few practical involution exercises, put together by our team at the department of physical medicine as a memory aid (this, however, does not replace the recovery gymnastic units).



### SPORTS AFTER DELIVERY

You should do sports only after you have consulted your physiotherapist and your pelvic floor has regained its complete supporting function. Before that you can reactivate your body by taking brisk walks in fresh air and doing pelvic floor exercises. Then you are advised to build up your stamina slowly and do gentle sports, such as yoga, Pilates, exercises for the spine, swimming, walking or biking.

## BABY BLUES & POSTPARTUM DEPRESSION

The birth of a baby is an extremely challenging event for a woman's body and mind. After delivering a baby a woman is in a period of transformation. Oestrogen and progesterone levels are very high during pregnancy, and fall very markedly after childbirth. Oestrogen has an effect on the brain and on moods, among other effects. The drop in oestrogen levels may cause mood swings.

Baby blues is the term used for a temporary depression that some mothers experience during the first few days after the birth of the baby. A mother may be sad, tired, and hypersensitive. During this time, quite frequently mothers burst into tears for no apparent reason. Usually these symptoms disappear on their own after a few days. Nevertheless, contact a midwife or a member of the nursing staff or your gynaecologist.

If the symptoms do not resolve after two weeks, it could be a sign of starting postpartum depression. This is not due to hormonal changes alone and may start gradually or at any time during the period of twelve months after childbirth. It differs from baby blues in terms of cause, time of occurrence, type and severity of symptoms. If this phase persists for a longer period of time it may give rise to feelings of loneliness and emptiness as well as a sense of being strongly overwhelmed and anxious. A mother may develop feelings of guilt due to depression, about not being able to take adequate care of her child, not loving it enough, or may have ambivalent feelings towards the child. An untreated maternal depression may create problems for the baby. Postpartum depression must be addressed by professional help as early as possible! All severe and persistent postpartum moods should be discussed with the gynaecologist. Your first point of contact may also be the midwife or the general physician. You will find details about further points of contact at the end of this brochure.

## GYNAECOLOGICAL CHECKUP AFTER DELIVERY

A checkup at the office of the gynaecologist, along with a swab test, should take place about six weeks after the delivery.

## CONTRACEPTION & SEX AFTER CHILDBIRTH

As long as you have vaginal discharge you should avoid sexual intercourse or have sexual intercourse only with a condom (risk of infection). Discuss the subject of contraception with your gynaecologist. Breastfeeding is no contraception. By the way, it is quite natural for a woman to be less interested in sex during the first few weeks after the delivery.



## THE FIRST FEW DAYS WITH YOUR BABY IN OUR OBSTETRIC WARD



### INSTRUCTIONS FOR BABY CARE

Parents instinctively know how they should deal with their baby. Our midwives and the nursing team will be glad to answer any questions you may have about changing diapers, bathing, taking care of the baby's navel, etc. You will see how rapidly you become confident in dealing with your newborn.

### CONTINUOUS WEIGHT MONITORING

We check your baby's weight daily, and observe his/her excretion and drinking behaviour. It is quite normal for your baby to lose about 10% of his/her body weight during the first few days after birth. The baby will have a period of 14 days to regain his/her birth weight. If your baby loses too much weight, we will advise you about the steps to be taken. After your discharge the paediatrician will monitor your baby's weight regularly.

### INVESTIGATIONS FOR YOUR BABY

In the course of your hospital stay we offer the following investigations for your mother-and-child pass and the following preventive measures:

- 2 paediatric investigations (after birth and before discharge)
- newborn screening (PKU test)
- Administration of vitamin K
- Hearing test
- Hip ultrasound

#### PAEDIATRIC INVESTIGATION OF YOUR NEWBORN

A paediatrician will examine your baby after birth and before discharge. He will establish whether further investigations are needed, or will perform them himself. He is always available for further visits and for any questions you may have. For emergencies we have a 24-hour neonatological on-call service.

## NEWBORN SCREENING

Between 36 and 72 hours after birth, we take a few drops of blood from your baby by a stab in the heel. In the course of the newborn screening, your baby's blood is tested for a number of congenital metabolic and hormonal diseases (such as phenylketonuria). These diseases occur very rarely, but early detection within the first few days of a baby's life is an absolute prerequisite for their effective treatment. The test card is analysed at the Medical University of Vienna/General Hospital. If further investigations are needed, you will be notified within a period of about three weeks. In case of an outpatient delivery, the blood sample is taken by the midwife appointed for your postpartum care or by your paediatrician.

## VITAMIN K

Vitamin K is needed for blood coagulation. The first dose is given during the first few hours after birth, and the second dose is given on the fourth day at the ward. The third dose is given between week 4 and 7 by the paediatrician.

## HEARING TEST

The obstetric team performs the hearing test free of cost from day 3 after delivery. If you wish, you may get the test done later by an ENT specialist or your paediatrician.

## HIP ULTRASOUND

You may have the hip ultrasound performed directly by us (subject to a fee) or after your discharge at the office of an orthopaedist or your paediatrician.

## BABY PHOTOGRAPHS

A baby photographer comes to the obstetric ward three times a week and offers to take photos of your newborn. The photo session takes about 30 minutes and is free of cost. If you are interested, please contact our team.

## WE'RE GOING HOME!

We hope to support you well as a family during the first few days so you can leave for home in a rested, confident, and fortified state.

## OFFICIAL ERRANDS

We report the birth of your child at the local registry office within 48 hours. After that you may pick up the birth certificate anytime within the period of a month. The address of the registry office and contact details are given at the end of this brochure.

We request international patients to contact their consulate additionally. Exact information about the formalities is given in the checklist entitled "Official Procedures after the Birth of a Child" on our homepage.

## HAT DO YOU NEED AT HOME?

### FOR YOUR DISCHARGE:

- Baby clothing (aligned to the season)
- Means of transporting your baby (infant carrier, pram)

### AT HOME:

- Baby bed with a firm mattress (extra bed)
- Bath thermometer
- Sleeping bag
- Clinical thermometer
- Breastfeeding pillow
- Nappy rash cream
- Baby sling
- Possibly pacifiers
- Clothes (size 56/62)
- Changing table
- Disposable or reusable diapers
- When bottle-feeding:
  - Infant formula
  - Bottles and teats
  - Cloth diapers
  - Bottle warmer
  - Hairbrush (soft baby brush)
  - Steam sterilizer
  - Rounded nail scissors

## TIPS FOR BABY CARE

When taking care of your baby, keep the environment calm. Reduce external factors and their impact, and ensure the room temperature is pleasant (you may need a heat lamp). While caring for your baby and changing diapers, always stay in contact with your baby by speaking to or touching him/her.

Give your baby a sense of safety by ensuring he/she is in extensive contact with the surface on which he/she is lying. Build a little nest around the baby (with a towel, for instance) so that he/she feels a boundary around him/her as in the womb.

### CRYING & SCREAMING

Crying is the language of a newborn. You will soon be able to interpret what your baby wishes to tell you: "I want/need closeness and attention, I feel alone, I'm hungry, my stomach hurts, my diaper is (or will soon be) soiled, I'm too warm/too cold." Sometimes your baby is processing new experiences and impressions and simply wants to be close to you.

### EXCRETIONS

The frequency of stools may vary in breastfed babies. Initially the newborn should pass stools two to three times daily. Later the frequency ranges from ten times a day to once every ten days. The colour of stools also passes through various stages: from black, green, brown to the "target colour" of golden yellow or ochre. A rule of thumb for adequate food is five to seven soiled diapers in 24 hours. That means your baby is taking sufficient fluids.

### CHANGING DIAPERS

To remove a soiled diaper, place your baby on his/her back, roll him/her gently to his/her side, and clean his/her buttocks. Then place the fresh diaper and roll the baby back on it. By rolling you keep your baby in contact with the surface and that makes him/her feel safe. It is gentle to his/her spine. Note: Do not pull the baby's bum upward by raising his/her feet!

### TAKING CARE OF THE DIAPER AREA

Clean your baby's buttocks with lukewarm water. For hygienic reasons, if you have a girl wipe carefully from the vulva to the anus. In boys do not pull back the foreskin as this may cause injuries. A regular change of diapers and occasionally letting your baby wear no diapers is beneficial to the skin. In case of reddening, apply a nappy rash cream. If the condition does not improve, contact your midwife or the person in charge of baby care or your paediatrician.



#### BATHING

When bathing or washing, your baby usually needs no special additives in the water. In case your baby has a dry skin, you may pour a little high-quality almond oil or olive oil in the water. Bathe your baby once or twice a week and use a bath thermometer to measure the temperature of the water (37°C).

#### EYE CARE

In case your baby has sticky eyes, clean these from the outer to the inner corner of the eye with a little warm water or physiological saline solution on a cotton pad or swab.

#### EAR CARE

Avoid the use of cotton buds in the ear canal. You can clean the outer ears with a little baby oil applied on a swab.

#### NAVEL CARE

The remaining umbilical cord drops off on its own after a few days. Keep the navel dry. In case the navel is reddened you may clean it with saline solution or a disinfectant for the mucous membranes, and then pat it thoroughly dry. In case you are uncertain, please check with your paediatrician.

#### CUTTING NAILS

You should avoid nail care for a period of six weeks because the sensitive nailbed could be injured during this time. Use rounded scissors when cutting a baby's nails.

#### BODY TEMPERATURE

Make sure you do not dress your baby too warmly. If your baby is sweating, it means he/she is already overheated – and you must definitely avoid that. Feel your baby's temperature in the region of his/her neck and shoulders, not the hands or feet. If his/her hands are cool, that is no indication of your baby being cold. The "onion look" (layered clothing) has proven to be very practical.

#### FRESH AIR

Fresh air is good for the immune system. It stimulates the circulatory system and metabolism of both mother and child. Ensure your living spaces are adequately ventilated and ventilate the baby's sleeping space regularly. During the first twelve months it is very important to ensure your baby wears proper headgear and avoids the midday heat as well as direct sunlight. Do not cover the pram with a diaper as this can hinder oxygen supply and lead to overheating.

#### VITAMIN D3 PROPHYLAXIS

From the second week to the second early summer of your baby's life, he/she should receive 400–500 IU of vitamin D<sub>3</sub> daily. This is important for healthy development of bones and serves as a means of preventing rickets.

#### PAEDIATRICIAN

We advise you to register at the office of a paediatrician during pregnancy in order to undergo the investigations for the mother-and-child pass as well as for the subsequent medical care of your baby. If your baby has fever or diarrhoea or is vomiting heavily, please consult your paediatrician or a paediatric emergency outpatient service. You will find the most important addresses at the end of this brochure.

#### COLIC

If you feel your baby has a stomach ache you can help him/her by:

- ensuring he/she burps well after taking fluids.
- rocking your baby gently and carrying him/her around.
- bending your baby's legs and rotating them in clockwise direction.
- massaging the abdomen in clockwise direction (maybe with a little almond oil or baby oil).
- warming a cherry pit cushion and placing it on the baby's abdomen.

## FURTHER SERVICES PROVIDED BY RUDOLFINERHAUS

### MIDWIFE'S VISITS

If you wish to have care during the initial period at home you are welcome to contact our midwives. Our nursing team also offers follow-up care. You will find their contact details on our website under "Obstetric team".

Please contact them as early as possible. Follow-up care can help to avoid many uncertainties and anxieties. The midwife or nurse will help you in case you have any questions concerning postpartum care. You can inquire about the fees for nursing services directly at the ward. The health insurance reimburses 80% of the regular health insurance rate for these services. Health insurance services include the following:

- One home visit daily: from day 1 to day 5 after birth (or day 6 after a caesarean section)
- Seven additional home visits or consultations at the midwife's office from day 6 to week 8 after delivery if needed

On the official homepage of the Austrian Midwives' Committee ([www.hebammen.at](http://www.hebammen.at)) you will find the services of a midwife, the applicable rates, the ethics code, etc.

### SERVICES OF MIDWIVES

In addition to our antenatal classes we offer (partly subject to a fee) groups, courses and lectures about many interesting subjects for the entire family. Current details about these can be viewed on our homepage.

Many midwives and nursing staff members of our obstetric team have additional qualifications which you are welcome to make use of at Rudolfinerhaus:

- Breastfeeding advice
- Craniosacral therapy
- Baby massage
- Acupuncture, Kinesio Taping & Aroma Care
- Pelvic floor exercises & involution
- Antenatal courses & pregnancy exercises
- Lectures about pregnancy, birth, and life as a family

### PAEDIATRIC CONSULTATION

At the private outpatient department of Rudolfinerhaus we will be glad to provide medical care for your baby even after your hospital stay. If you wish, we will arrange an appointment with the paediatrician. We are available for parent-child pass examinations, vaccinations, hip ultrasound and allergy tests, among other services.

### GYNAECOLOGICAL OUTPATIENT DEPARTMENT

If you need an appointment with a gynaecologist, we will arrange the same very promptly after you call at our private outpatient department. Usually you will be given an appointment the same day. You can also avail yourself of many other services as a private patient at our outpatient department and undergo the investigations directly in our hospital.



## WHOM SHOULD I CONTACT? CONTACT DETAILS & ADDRESSES

### DEPARTMENTS AT RUDOLFINERHAUS

#### OBSTETRICS

T +43 (0)1 360 36-6159, geburtshilfe@rudolfinerhaus.at

#### PHYSICAL MEDICINE & REHABILITATION

Appointment by phone Monday to Friday, 9 am to 2 pm  
Including call-back service (press once and await confirmation)  
Office hours: Monday to Friday by appointment  
T +43 1 360 36-6351, pmr@rudolfinerhaus.at

#### PRIVATE OUTPATIENT DEPARTMENT

For queries concerning appointments with specialists:  
T +43 1 360 36-4100, ambulanz@rudolfinerhaus.at

#### NUTRITION COUNSELLING

Appointments through our private outpatient department. For detailed questions concerning nutrition counselling please contact our team of dietitians, Monday to Friday, 7.30 am to 3 pm.  
T +43 1 360 36-6249, diaetbuero@rudolfinerhaus.at

### SERVICE & COUNSELLING

#### BREASTFEEDING ADVICE

You will find a list of midwives and IBCLC lactation consultants close to your home at [www.hebammen.at](http://www.hebammen.at) or [www.stillen.at](http://www.stillen.at).

#### OTTAKRING REGISTRY OFFICE

(in charge of districts 16 to 19 in Vienna)  
Richard-Wagner-Platz 19, 1160 Vienna  
T +43 (0)1 4000-16580, sta-ottakring@ma63.wien.gv.at

#### MA 11/FAMILY COUNSELLING OFFICES (BABIES & YOUNG CHILDREN)

The Family Counselling Offices of the city of Vienna inform parents and actively assist them in case of difficulties relating to child care, nutrition and development, as an adjunct to the services of a paediatrician (screening investigations and vaccines).

#### EARLY AID

The term Early Aid includes services for parents from pregnancy onward and families with children to the age of three years. The services are easily available and specifically for families in burdensome living situations. You will find information as well as regional points of contact. [www.fruehehilfen.at](http://www.fruehehilfen.at).

#### WOMEN'S EMERGENCY HOTLINE

The Women's Emergency Hotline is available 24 hours a day, 7 days a week, and advises women and girls from the age of 14 years, who were or are currently exposed to sexual, physical and/or psychological violence. Counselling is free and confidential, and if desired also anonymous. The team consists of psychologists, social workers and lawyers. Counselling is provided on the phone, online, and after prior appointment by phone even personally.  
T +43 (0)1 71719, frauennotruf@wien.at.

## HELP & ADVICE FOR POSTPARTUM DEPRESSION

### FEM PARENT OUTPATIENT CLINIC

For pregnant women and mothers with children aged 0–3 years who are under psychosocial stress or in a crisis.

Ottakring Clinic, Montleartstrasse 37, 1160 Vienna, Pavilion 20  
T +43 (0) 650 54 63 066, [kfl.fem@gesundheitsverbund.at](mailto:kfl.fem@gesundheitsverbund.at)

### SPECIAL OUTPATIENT CLINIC FOR PERIPARTUM PSYCHIATRY

For pregnant women, mothers & fathers in psychological crises requiring treatment, from pregnancy to the child's first year of life

Ottakring Clinic, Montleartstrasse 37, 1160 Vienna, Pavilion 13  
T +43 (0)1 49150-8110

### AKH UNIVERSITY CLINIC FOR PSYCHIATRY

Main outpatient clinic – initial point of contact  
Waehringer Gürtel 18–20, 1090 Vienna,  
T +43 (0)1 40 400-35470

### MA 11 SERVICE TELEPHONE (CHILD AND YOUTH WELFARE)

The offer is free of charge and, if desired, anonymous.  
T +43 (0)1 4000-8011, [post@ma11.wien.gv.at](mailto:post@ma11.wien.gv.at)

## IF YOUR CHILD IS SICK

### HEALTH HOTLINE 1450

Advice and appropriate recommendations for the next steps in all health questions. Available 24/7. T +43 (0) 1450, [www.1450.at](http://www.1450.at)

### MEDICAL ASSOCIATION OF VIENNA

You can find all important medical contacts for children, always up to date, on the website of Medical Association of Vienna. Pediatricians on duty with emergency and weekend services, children's outpatient clinics, and all emergency contacts in Vienna are listed here. You will also be able to find out whom you should ideally turn to, depending on the severity of the symptoms, and when you should call emergency services immediately.

[www.aekwien.at/web/wien/ihr-kind-ist-krank](http://www.aekwien.at/web/wien/ihr-kind-ist-krank)

### RESCUE 144

### POISON INFORMATION CENTER

Emergency number 24/7, T +43 (0)1 406 43 43

## CHILDREN'S OUTPATIENT CLINICS IN VIENNA

### ST. ANNA CHILDREN'S HOSPITAL

Kinderspitalgasse 6, 1090 Vienna, T +43 (0)1 4017-0

### OTTAKRING CLINIC

Montleartstrasse 37, 1160 Vienna, T +43 (0)1 491 50-2908

### FAVORITEN CLINIC

Kundratstrasse 3, 1100 Vienna, T +43 (0)1 601 91-2850

### DONAUSTADT CLINIC

Langobardenstrasse 122, 1220 Vienna, T +43 (0)1 28802-4350

### FLORIDSDORF CLINIC

Bruenner Strasse 68, 1210 Vienna, T +43 (0)1 27700-2660

### AKH UNIVERSITY CLINIC FOR PEDIATRICS & ADOLESCENT MEDICINE

General Outpatient Clinic and Emergency Department  
Waehringer Guertel 18–20, 1090 Vienna, T +43 (0)1 40 400-32290

At the AKH Vienna University Hospital you will also find all of the children's special outpatient clinics e.g. the SPECIAL OUTPATIENT CLINIC FOR SAFE SLEEPING (SIDS – Sudden Infant Death Syndrome),  
T +43 (0)1 40 400-30920