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### **NEWBORN INSTRUCTIONS**

#### **INSTRUCTIONS FOR BREAST FEEDING:**

1. Begin by breast feeding 10 minutes on each side; increase by a minute or two a day as per your comfort until you are up to 20 minutes on each side. Start by putting the baby on both breasts, each feed, about every 3 hours. If your baby is hungry in less than 3 hours you can go down to feeding every 2 hours. Eventually a pattern of feedings every 2 ½ to 4 hours should develop. Awaken him/her if sleeping more than 3 hours at one time during the day. Let the baby sleep as long as possible at night (midnight-6am,) unless the baby is less than 6 pounds or was born prematurely. Try to alternate which breast you start on and try to feed on both breasts each feed. Once your milk comes in, most babies will empty a breast in less than 10 minutes.
2. Once your milk is well established, at approximately 2 weeks, give a bottle of formula or pumped breast milk twice a week. This will give you flexibility in upcoming months and not interfere with the baby's ability to breast feed.
3. At 2 weeks of age you should start giving your baby vitamins. You can give 1 dropper full per day of Tri-Vi-Sol with Iron. This can be purchased over the counter at your pharmacy.

#### **INSTRUCTIONS FOR FORMULA FEEDING:**

1. Feed the baby Enfamil Lipil with Iron or Similac Advance with Iron formula. Try to feed on a 3 or 4 hour schedule, letting him/her take as much formula as he/she wishes.
2. Awaken him/her if sleeping more than 3 hours at one time during the day. Let the baby sleep as long as possible at night (midnight-6am,) unless the baby is less than 6 pounds or was born prematurely.

#### **FOR ALL BABIES:**

1. The baby's first check up will be at 4-5 days of age. **BY THIS TIME YOUR BABY SHOULD BE HAVING 4 STOOLS AND 6 WET DIAPERS PER DAY.** Please call the office to schedule an appointment at your earliest convenience. At this visit we will check your baby's weight and color.
2. Sponge bathe the baby until the navel is well healed and dry. He/she may then have a tub bath using any baby soap. Use only plain water on the face. There is no need to apply alcohol to the navel area. Keep the area open to the air and fold diapers down to prevent rubbing. Call our office if there is a green or yellow discharge or if there is a foul odor coming from the navel.
3. Use any diaper cream (Aquaphor, A&D, Desitin) and/or baby wipes you like. If a rash occurs discontinue using baby wipes, wash the area with water only and pat dry. Do not rub the area. Change diapers frequently and try to keep the area open to the air as much as possible. Call if the rash does not improve in 24 hours.
4. The baby may travel but should not remain outdoors during the first 2 weeks. Make sure your child travels in a safety-approved car seat when in the car. Protect eyes from direct sunlight and shield him/her from the wind. Don't overdress the baby.
5. If the baby is circumcised gently wash the area with water to keep it clean. Apply a thick layer of bacitracin to shield the penis. Gently pull back the edge of the circumcision on to the shaft of the penis.
6. Babies should be placed on their backs to sleep. If you like, you can use receiving blankets or wedges to help with positioning.