



DOs AND DONs

- ❖ Advisable not to wash hair for 10 to 12 days. However dry shampoo is recommended to minimize scalp irritation and absorb excess oil from the hair.
- ❖ Quick bathing under the shower with warm water (no soaking in water allowed).
- ❖ Advisable to watch TV or read for 15 minutes at a time and take a 20 minutes' break before continuing, so that the eyes are well rested.
- ❖ Cannot be directly exposed to wind (hot, for example, hairdryer; or cold, for example, air-conditioning).
- ❖ Cannot carry heavy objects (including the baby), over-exert self or walk up and down the stairs.
- ❖ Avoid squatting; otherwise your womb will drop.
- ❖ Cannot eat anything "cold", like melon, eggplant, and carrot.
- ❖ Cannot drink cold water or eat oily foods, as they are bad for blood circulation and cause muscle aches and pains.

