



Southwest Ob / Gyn Associates, L.L.P

16651 Southwest Freeway, Suite 200 Sugar Land, TX 77479

7737 Southwest Freeway, Suite 895 Houston, TX 77074

Telephone: (713) 774-5131 Fax: (713) 774-4336

YOUR HOSPITAL LENGTH OF STAY

Many insurance plans now specify the length of time you may stay after delivery. Some HMO-PPO plans allow discharge 48 hours after a normal delivery and 72 hours after Cesarean section. Although these lengths of stays may seem short, experience has shown that they are safe and acceptable in routine cases. Exceptions, of course, will be made for complications involving mother, such as infection, fever, bleeding, or preeclampsia. These exceptions must be approved by your insurance company in order to obtain an extension of stay.

It is unusual for these companies to extend a mother's stay in the event your baby needs to remain in the hospital additional time. It is especially important to discuss early dismissal with your pediatrician, as many pediatricians are reluctant to dismiss your baby at 24 hours, even in routine situations. In this situation, your insurance company will pay for the continued stay of your baby as ordered by the pediatrician, but will not extend your stay in order for you to remain in the hospital.

Please discuss these restrictions with our OB schedulers during your prenatal visits, as you will need to know your pre-approved length of stay before delivery. You might also discuss this with your pediatrician to prevent problems in getting your baby dismissed within these guidelines. You also have the right to discuss this approved length of stay with your insurance company prior to delivery.

Please be aware that these are policies of your insurance plan, not of this office.

MATERNITY LEAVE / DISABILITY

A normal, healthy pregnancy does not constitute a disability. Unless special circumstances or complications arise, your doctor will not place you on disability until you actually enter the hospital in labor. Your doctor may, however, place certain restrictions on your work, including limitations on lifting, standing and other physical efforts.

A six-week recovery period is generally required after delivery. For those strongly desiring an earlier return to work, please discuss this with your doctor. Unless there are specific medical complications, a recovery period longer than six weeks cannot be required by your doctor.

Please discuss with your employer the maternity leave policy at your workplace.