

What to expect during your postpartum stay

Legacy provides safe and comfortable postpartum care while you heal and get to know your baby. Your care team will be there to support you and your baby in this transition.

- **Length of stay**
Most parents stay at the hospital for 1 to 3 days. Your length of stay depends on your type of delivery and other factors.
- **Your postpartum room**
Your private room has an adjustable bed, daybed for visitors, private bathroom, phone, WiFi, and stereo system. You will also receive medical and safety education.
- **Security and safety**
Safety is our #1 priority. Our security measures are meant to keep you and your baby safe.
- **Rooming in – keeping families and babies together**
Babies are safer and happier having their parents close by. Keeping your baby in your room lets you get to know each other before going home. For breastfeeding babies, it can help milk come in sooner.
- **Breastfeeding support**
All nurses are trained in breastfeeding support. If you need specialized care, Lactation Services are also offered.
- **Visitors**
All visitors must check in at the front desk. We recommend you limit the number of visitors so you can rest. Siblings can visit but must have another adult with them. Please do not have people visit if they are sick.
- **Meal services**
There will be meal menus given to you every day. In-room meals are available to the birth parent. Family members can order meals for a fee.
- **Going home**
Before you leave the hospital, your care team will review your discharge paperwork. They will also give you forms for your baby's birth certificate and any social services. You must have a car seat correctly installed before taking your baby home.

