

SAULT AREA HOSPITAL

PATIENT INFORMATION

Cesarean Delivery (C-Section)

Home Care Instructions

It is normal to have discomfort, tenderness, swelling, and bruising at the surgical site for about 2-4 weeks after your surgery.

Activity

- You can take a shower when at home.
- Do not take a tub bath until speaking with your doctor.
- Gradually increase your activity at home as you regain your strength.
- Do NOT lift anything heavier than your baby.
- Do NOT climb stairs more than 2 to 3 times a day.
- Do NOT drive while taking pain medications.
- Get plenty of rest. Try to have someone to help you at home for 2 to 3 weeks.
- Talk to your doctor before resuming sexual activity.

Diet

- You can eat a healthy balanced diet when you get home.
- Drink at least 8 glasses of water per day.
- Keep taking your prenatal or multivitamins.
- Do NOT drink alcohol until your doctor tells you it is ok.

Wound Care

- Allow the wound to be open to the air if possible; you can wear light gauze if there is slight drainage.
- Check the incision every day for increased redness, swelling, drainage, or separation of the skin.
- Clean the incision gently, with water and soap. Pat dry.
- Do NOT use tampons or douches.
- Talk to your doctor before resuming sexual activity.
- Hug a pillow when you have to cough or sneeze to help with any pain.

Medication

- Take medications as directed by your doctor.
- Do NOT take aspirin; it can cause bleeding.
- You may have been prescribed a pain medication that contains a narcotic. These medications may cause **constipation**. If you are not having your regular bowel movements, you may purchase an over the counter laxative. If unsure, talk to your pharmacist.

Call your doctor if you have any of the symptoms below. If your doctor is unavailable, please go to the Emergency Department.

- lots of yellow drainage from the wound
- fever or chills
- heavy vaginal bleeding with clots or a smelly discharge
- pain, redness, or swelling in your legs
- chest pain
- severe abdominal pain