

# C-SECTION RECOVERY

A "c-section" or "cesarean delivery" is a surgical procedure used to deliver a baby through incisions made in the abdomen and uterus.

While it is important to take care of your baby after this major surgery, it is also crucial for you to take care of your c-section wound after birth as it may take up to six weeks to heal.

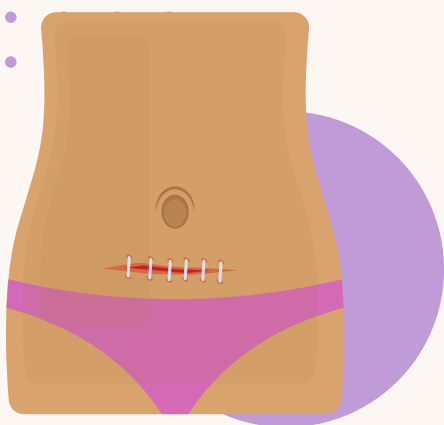
## Take It Easy

- Use this time to sit, relax, and bond with your baby.
- Do not lift anything heavier than your baby.
- Walk everyday to avoid blood clots and constipation.
- Rest as much as you can.
- Stay hydrated.



## Care for Your Wound

- Keep your wound clean at all times using warm, soapy water and then pat dry the incision.
- Consider using ointment on your scar such as petroleum jelly.
- Air out your wound whenever possible.
- Gently massage your scar tissue starting around 3 weeks postpartum.



## Seek Pain Relief

- Your healthcare provider may recommend Ibuprofen or Tylenol to help with soreness and pain.
- Hold a pillow over your incision when you feel the need to cough, sneeze, or laugh.
- Take stool softeners if you experience constipation.



## Emotional Care

- Take some time to emotionally decompress.
- Talk to your support person about any negative feelings you are experiencing or discuss your birth experience with them.
- If you're experiencing difficulty breastfeeding, contact a specialist for support.
- Do not be afraid to ask for help!



## Common C-Section Side Effects

- Vaginal discharge
- Contractions, which may resemble menstrual cramps
- Tender breasts
- Hair loss
- Mood changes and powerful emotions
- Weight loss



\*Contact your healthcare provider if you have any concerns about your health during recovery.