

Do you want to know?

Cesarean Section

102
sheet 1/1

What is it?

Cesarean section is the delivery of the baby through an incision in the mother's lower abdominal wall and the uterus.

What do you need to know?



Drugs

Take medications as prescribed by your physician.



Diet

Maintain a well-balanced diet.



Activity

- Maintain adequate rest and sleep. Take advantage of the baby's sleeping hours for rest and sleep.
- Avoid lifting heavy objects for the first six weeks or until the wound has healed completely.



Therapeutic Measures

Breast Care

- Wash nipples and areola (dark area around the nipple) with water only. Do not use soap to prevent drying of the skin.
- Do not use any ointment on breasts unless prescribed by your physician.
- Express breast milk and rub on areola before and after breast-feeding since breast milk contains a natural skin lubricant.
- Wear a well-fitting supportive bra.

Wound Care

- Report any signs of wound infection such as redness, edema (swelling), pain and discharge from wound.

- Keep the wound clean and dry.

Vaginal Discharge

- Report any foul odor.
- Vaginal bleeding is expected to gradually slow down over the next week.
- A few small clots in the discharge are considered normal.

Considerations



- Contact your physician if you have the following symptoms:
 - Alterations in patterns of bleeding: increased amount, presence of clots, and a foul smelling discharge
 - high temperature
 - Tenderness, swelling, warmth in any area of the legs
 - Swelling, warmth, tenderness in any area of the breasts
- Do not introduce anything into the vagina for 6 weeks (such as tampons, vaginal douche...)

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.