

GOING HOME AFTER A C-SECTION

C-sections happen often. About 39% - 59% of women of an unhealthy weight have a C-section.⁷ After having a baby, these women are at a higher risk of having:^{5,8-9}

- Deep vein thrombosis (blood clot)
- A pulmonary embolism (blocked blood vessel in the lungs)
- Problems breathing (pulmonary infection)

Walking helps lower the risk of having these problems.^{1-2,4} Walking helps the c-section wound heal by improving blood circulation.^{1-2,4}

You just had surgery. The time to heal from a c-section will be longer than a vaginal birth. Give yourself time to recover. Your doctor may have mentioned these key dates. These are just approximations:⁴⁻⁶

- C-section wound heals in about 4-6 weeks.
- No sex for about 8 weeks.
- Do not lift anything heavier than the baby for about 8 weeks.
- Wait at least 18 months until your next pregnancy. Giving birth too soon after having a c-section, especially if you are overweight or obese, can cause complications such as a ruptured uterus or having a low weight baby.



TIPS OF THE WEEK

- Take care of yourself and rest.
- Support your belly using an abdominal binder.
- Walk at least 5 minutes around the house each day.

It is normal to feel the following:

- Pain around the wound. Do not to lay the baby on the c-section when you breastfeed.
- Very tired.
- Your breasts getting bigger because they are making milk.
- The c-section wound may hurt a bit when you sneeze, cough or laugh.

Follow your doctor's orders on how to clean the wound. Watch for infections. Call your doctor right away if you have:⁸

- A fever over 100.4° F
- Breast pain with redness on the breast
- A tender c-section wound
- Foul-smelling vaginal discharge
- Pain while urinating
- Vaginal bleeding that soaks a pad within 1 hour. Bleeding with large blood clots.
- Leg pain or leg swelling

WHAT YOU CAN DO:

- Walk around the house at least 5 minutes each day.
- Take the pain medication your doctor gives you. Doing this will help you move around and take care of the baby.
- Wear an abdominal binder to help provide support.

RESOURCES:

C-SECTION RECOVERY: WHAT TO EXPECT

mayoclinic.org/healthy-living/labor-and-delivery/in-depth/c-section-recovery/art-20047310

CESAREAN SECTION – WHAT TO EXPECT AFTER C-SECTION

webmd.com/baby/tc/cesarean-section-what-to-expect-after-c-section

WOMEN'S HEALTH, LABOR & BIRTH

womenshealth.gov/pregnancy/childbirth-beyond/labor-birth.html

AMERICAN PREGNANCY ASSOCIATION – CESAREAN BIRTH AFTER CARE

<http://americanpregnancy.org/labor-and-birth/cesarean-aftercare/>

NURTURING MOMS – RECOVERING AFTER A C-SECTION

nurturingmumsuk.com/recovering-after-a-c-section-by-chase-lodge-hospital/

APPS:

SEAMLESS MD

<https://itunes.apple.com/ca/app/seamlessmd/id696595041?mt=8>

Monitor and track your recovery process.



BLOGS:

THE SMALL THINGS BLOG

His arrival, what a c-section is like, and recovery

<http://www.thesmallestthingsblog.com/2013/12/his-arrival-what-c-section-is-like-and/>

TOP 10 C-SECTION TIPS NO ONE TELLS YOU

fredericksburgparent.net/blogs/157-must-love-babies-and-kids/1620-top-ten-c-section-tips-no-one-tells-you

VIDEO:

C-SECTION HEALING AND RECOVERY AFTER SURGERY – WHAT TO EXPECT

youtube.com/watch?v=SgGJHw1VB0

BLUE-EYED BRIDE – 6 C-SECTION RECOVERY TIPS

blueeyedbride.com/2012/09/21/6-c-section-recovery-tips/

SIX UNTIL ME – C-SECTION RECOVERY

sixuntilme.com/2010/05/csection_recovery.html

C-SECTION RECOVERY, THE FIRST FEW DAYS:

babycenter.com/2_c-section-recovery-the-first-few-days_10308430.bc

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7. Berendzen JA & Howard BC. Association between cesarean delivery rate and body mass index. *Tenn Med* 2013;106:35-237.
8. March of Dimes (2013). Warning signs after birth.
9. Vieira de Pava L, et al. Maternal obesity in high-risk pregnancies and postpartum infectious complications. *Rev Assoc Med Bras* 2012;58:453-458.