

# Recovering After Your C-Section

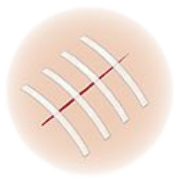
*A simple guide to help you heal.*

A C-section is a major surgery. After your baby is born, it will take time for your body to heal. Here's what to expect and how to take care of yourself.

## Right After Surgery

- Your doctor closes the cut with stitches, staples or skin glue, then covers it with a big bandage.
- A nurse will remove the bandage 24 hours after surgery, and your wound will be monitored.

## Types of Closures



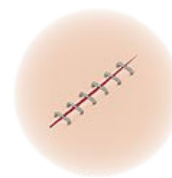
### Wound Strips

Naturally fall off  
in seven to 10 days.



### Skin Glue

Peels off in five to 10 days.  
*Do not scratch or pick.*



### Staples

Usually removed before  
you leave the hospital.

## Keeping Your Wound Clean



### Shower daily.

Gently wash the area with Hibiclens  
Antimicrobial Cleanser using your hands  
(*no rough sponges*).

### Dry carefully.

Pat the area dry with a clean towel.

### Do not apply lotions or powders.

These can irritate the healing skin.

### No soaking in water.

Avoid baths, hot tubs or swimming for at least six weeks.

## Check for Infection Everyday

**\*Tip:** Use a mirror.

**Call your provider right away if you notice:**

- Redness or swelling.
- Blood or other fluid.
- Wound coming apart.
- Pain that's getting worse.

*(Continued on reverse.)*

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## Tips for Managing Pain and Relieving Discomfort

### Take Pain Medication as Prescribed

Follow your doctor's instructions for any pain medications. Some may only need Tylenol or Advil, while others could require stronger medicine.

### Use Cold Packs on Your Incision

Place a cold pack over your incision (with a cloth in between) to help reduce pain and swelling. Use for 15–20 minutes, then take a break.

### Support Your Incision with a Pillow

Holding a small pillow over your incision provides support when you laugh, cough or sneeze, or get up from a lying or sitting position. This reduces discomfort and protects the area.

### Abdominal Binder (if Recommended)

An abdominal binder wraps around your abdomen to gently support your incision and reduce pain when moving. Ask your doctor if this is right for you.

### Avoid Constipation

Eat high-fiber foods like fruits, vegetables and whole grains. Drink water and use stool softeners if needed.

### Gas Pain Relief

Gas-X or similar over the counter medications can help.

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## Important Reminders for Your Recovery

### No baths, hot tubs, or swimming.

- Avoid soaking in water (baths, hot tubs or swimming pools) for at least six weeks.

### Monitor your incision.

- Check daily for signs of infection.
- Call your doctor if you notice anything concerning.

### Take care of yourself.

- Rest when you can and don't push yourself. Your body needs time to heal from surgery.

### Attend follow-up appointments.

- Wound Check: Usually scheduled one to two weeks after leaving the hospital.
- Postpartum Visit: Scheduled around four to six weeks after surgery.

### Avoid insertions.

- No tampons, menstrual cups or douching for six weeks.
- No sexual intercourse until your doctor gives the okay, usually at six weeks.