

Post-caesarean guidelines

Introduction

After undergoing a caesarean section at our hospital, slowly but surely, you are now able to resume your daily activities. Healthy eating and lifestyle habits promote healing. Rest is also beneficial for your recovery. This brochure provides general information about a post-caesarean lifestyle regimen.

Post-caesarean guidelines

- Take regular walks and do not spend too much time standing. Exercise is good in general, but should be practised in moderation. If the wound begins to cause you pain, you are doing too much.
- Lifting: during the first six weeks, do not lift anything heavier than approx. five kg. The wound must be given the time to heal properly.
- Cycling: do not cycle for the first two weeks, after that you can cycle if it doesn't cause pain.
- Driving: you are advised not to drive for the first two weeks until you are able to focus properly and are pain-free. You must be able to make an emergency stop. Being a passenger is, of course, allowed. If you have any doubts, contact your GP for advice.
- Avoid warm-up and stretching exercises for the first six weeks. This means no window cleaning, floor mopping or vacuuming.

- You are allowed to perform light household activities (minor washing up, making coffee).
- Avoid sexual intercourse so long as you are still experiencing vaginal blood loss.
- No sports for the first six weeks after the caesarean section.
- During the first few weeks, be sure to rest during the day.

Pain relief

You may continue to use paracetamol at home (up to 3000 mg per day if needed).

Wound treatment

Usually, your wound stitches will not have to be removed. If this is necessary, however, an appointment will be made or your GP or midwife can perform the procedure. Once the wound is completely sutured and closed, it should heal within ten days. However, the wound will take six weeks to completely heal. The wound does not require any specific care at home. It no longer requires bandaging. You may shower as normal with your wound. Using a towel, pat the wound thoroughly dry once you are out of the shower. Do not bathe or swim for the first six weeks.

Contact the hospital in the following circumstances:

- The wound has re-opened
- The wound shows signs of infection, becoming red, hard, warm or is throbbing painfully
- Your temperature has risen above 38.5 °C
- You are experiencing intolerable pain

If all goes well, you will come to the outpatient clinic for a check-up six weeks after your caesarean. If any problems arise before then, you can contact the Obstetrics Department by calling 020 - 755 6648.

You can also contact your midwife or GP with any questions or problems you may have.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.