



After a Cesarean Section

Recovery from a cesarean section may require a significant amount of time. It's essential to prioritize self-care not only for your own well-being but also for the needs of your newborn.

Incision Care:

- You'll likely be permitted to shower and gently pat the incision dry.
- Monitor the incision for signs of infection, such as worsening redness or drainage.
- Support the incision with a pillow when transitioning from lying or sitting positions, as well as during laughter or coughing.
- Avoid heavy lifting, refraining from lifting objects heavier than your baby until cleared by your healthcare provider.

When to Seek Medical Attention:

Contact our office immediately if you experience

- Fever of 100.4°F (38°C) or higher, as instructed by your provider.
- Increased redness, pain, or discharge at the incision site.
- Excessive vaginal bleeding, saturating a pad per hour, or passing large blood clots.
- Severe abdominal pain.
- Lack of bowel movement within one week post-birth.
- Vaginal discharge with an unpleasant odor.
- Swollen, red, and painful area in the leg.
- Burning sensation during urination or presence of blood in the urine.
- Appearance of a rash or hives.
- Painful, red, or sore areas on the breasts, potentially accompanied by flu-like symptoms.
- Feelings of anxiety, panic, depression, or difficulty bonding with your baby.