



Inanna Women's Health

A/P Batool S Nadim

Obstetrician, Gynaecologist & Sonologist

## Post-Caesarean Section Care and Recovery

### GETTING MOBILE AFTER YOUR CAESAREAN SECTION

Begin moving the day after your caesarean section, once all medications have worn off and you regain full sensation in your legs. Early walking helps your recovery and reduces risks, such as slowed blood flow or constipation from prolonged bed rest.

### MANAGING CONSTIPATION

Constipation often occurs after abdominal surgery, as bowel function takes time to recover. Stool softeners may be prescribed to help, so take them as directed. Eating high-fibre foods, staying hydrated, and moving when possible also promote regular bowel movements.

### REDUCING THE RISK OF BLOOD CLOTS

After having a baby, and particularly following a caesarean section, you are at an increased risk of developing blood clots. To minimise this risk, you might be given daily injections, asked to wear surgical leg stockings, and encouraged to walk regularly. These measures help maintain good blood flow and reduce the risk of clot formation.

### BLADDER CARE AND CATHETER MANAGEMENT

For the first 12 to 24 hours after surgery, a catheter is typically used to drain urine. This is generally removed the next day, after which you should be able to use the toilet as usual. If you notice any changes or discomfort when passing urine, it is important to inform your midwife or doctor promptly.

### PAIN MANAGEMENT

During your hospital stay, you will receive regular pain relief to help you manage daily activities as soon as possible. This may include anti-inflammatory tablets. If you require additional pain relief, do not hesitate to ask the hospital staff. After you are discharged, your pain is usually manageable with over-the-counter medications; if you have concerns, your midwife or doctor can advise on the best pain management options for you.

### CARING FOR YOUR BABY

Even though you have undergone surgery, your baby will be rooming in with you during your stay on the ward. We understand you may need help with caring for your baby. Please feel free to ask your family or hospital staff for assistance while you recover.

### WOUND CARE

Appropriate wound management is essential for optimal recovery following a caesarean section. Typically, a waterproof dressing is applied to the incision site for approximately seven days. Once the dressing is removed, further dressings are not generally required unless specifically recommended by your midwife or physician. It is advisable to wear loose-fitting, comfortable garments and cotton underwear that extends over the wound area to minimise irritation.



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Daily showering is recommended, using soap and ensuring thorough rinsing. Creams or powders should not be applied directly to the wound. Maintain the incision's cleanliness and dryness by gently patting it with a towel. When a skin fold overlies the wound, carefully elevate it to ensure complete drying, thereby reducing infection risk. For persistent moisture in the skinfold area, staff may provide absorbent padding as needed.

## SIGNS OF WOUND INFECTION

- Extreme soreness after the initial pain has subsided
- Redness, discolouration, or heat around the wound
- Discharge or oozing from the wound
- Fever
- Gapping along the wound

## SUPPORT FOR WOUND HEALING

Once your wound has fully healed—this may take up to six weeks after your caesarean—you can use Vitamin E cream to help reduce scarring. Please consult your pharmacist or GP before starting any new creams. The colour of the skin over your wound may fade over time but is unlikely to disappear completely.

## GENERAL RECOVERY TIPS

To aid your recovery, maintain a healthy diet rich in fruits and vegetables, get ample rest, and only resume exercise after your doctor approves. Following these guidelines can help ensure a smooth recovery after your caesarean section.