



Aspen Medical Group, Inc.

www.aspenmedgroup.com

AFTER SURGERY INSTRUCTIONS FOR CESAREAN SECTION

You have been scheduled for in-patient surgery. This means you will have your baby through an opening in the abdomen. Your hospital stay will be about 2-4 days.

Since a cesarean is a major operation, you need to plan on 6-8 weeks of recuperation time for your body to complete the healing process. Do not be in a hurry to be back to normal too soon! You will experience several days of moderate pain and discomfort while you are in the hospital. By the time you are released home you will be up and walking, able to shower, and eating regular meals.

If you did not have your staples removed before leaving the hospital, you must come into the office for a staple removal appointment. This should be done on day 4-5 after your surgery. DO NOT wait any longer as scarring will occur if the staples are left in too long. Once the steri-strip bandaids are applied to your incision you will move around more freely with less discomfort. These may get wet in the shower and usually fall off on their own within one to two weeks.

It is normal to have many "labor pains" for up to two weeks since your uterus is still contracting to control the bleeding and get back down to its normal size. Tylenol helps this. Expect vaginal bleeding on and off for up to 6 weeks. Discomfort and bleeding is part of the natural healing process.

For the six weeks following your cesarean, you should take showers instead of baths. Climbing in and out of a bath tub places increased stress on your abdominal muscles and incision.

Please call and schedule a 2 week post-op appointment so we can check for proper healing and discuss any concerns you may have.

Exercise is important during your recovery and will assist in your healing and sense of well-being. Walking a little bit each day is plenty of exercise for the first 2 weeks. After that, you can increase the amount of exercise as tolerated. Running and jumping type exercises as well as full aerobics should not be resumed until your final check-up examination at 6-8 weeks.

Always remember that our staff is available to assist you during this time.