

# What To Expect After A Caesarean Section

## Immediately after the surgery

- the drugs used may make you feel shaky
- you may tremble and feel cold (warm blankets will be put over you)
- you will see and can hold your baby right after the birth
- ask for help to breast feed your baby as soon as possible

## The following day

- you will be offered pain medication to keep you comfortable
- you will be encouraged to get up and walk as soon as possible
- you will be encouraged to breast feed and care for your baby as often as you are able
- you will be offered a liquid or soft food diet until you are able to pass gas
- the incision area will be covered and should be kept dry and clean

## What is normal

- the stitches or staples used to close the incision will be removed about 3-5 days after the surgery
- you usually go home 2-4 days after surgery
- at home you may shower, patting the incision area dry afterwards
- you might not move your bowels for 3-5 days after surgery ( drink lots of liquids - prune and pear juice are especially helpful)
- the incision gradually heals over leaving a thin red scar
- the pain from the incision should decrease daily and walking and moving should become easier

## What to watch for

- if the incision becomes messy or opens
- if your abdomen is tender or painful when touched
- if you have a fever
- if the blood from the vagina smells bad

**If you have questions or concerns about your recovery contact your nurse, midwife, nurse practitioner, clinic, family doctor or obstetrician.**

