

Caesarean Birth

DISCHARGE INSTRUCTIONS—POST PARTUM

CARE OF YOUR INCISION

Wash your hands before caring for your incision. The incision should be completely healed within a few weeks but you may continue to feel some tenderness for up to two months. The incision may be left uncovered and open to the air or covered with a light dressing if desired.

1. If you have steri strips (tapes) they will fall off over a 2 week period; please let them fall off on their own rather than removing them.
2. If you have staples/clips these will be removed during a follow-up appointment usually 1 week after surgery.

PERINEAL CARE/POST-PARTUM LOCHIA (BLEEDING)

1. Wash your hands before and after doing peri-care.
2. Continue peri-care with your peri-bottle and warm water as long as lochial discharge continues.
3. Wipe from front to back to dry after peri-care.
4. Use a clean pad after doing peri-care, avoid touching the inside of the pad.
5. Lochia will gradually decrease in quantity and change from red to pink, dark red or brown. It may last for up to 8 weeks.
6. While breastfeeding you may experience low abdominal cramps and a small gush of lochia while the baby breastfeeds – this is normal.
7. Some clots may be passed, usually smaller than a loonie. If larger clots are passed, notify your doctor or return to your nearest Emergency Department

HEMORRHOIDS

1. Sitz bath 2-3 times a day may soothe hemorrhoids.
2. Use comfortable warm water in a clean bathtub with 1 to 2 tablespoons of table salt or Epsom salts added – should feel soothing, and not sting – add more water if necessary.
3. Avoid constipation.
4. Over-the-Counter ointments are available if needed

BREASTFEEDING

See Breastfeeding booklet.

REST

Rest is very important for your recovery and your milk supply if you are breast feeding. Heavy lifting must be avoided until advised by your surgeon

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MEDICATIONS:

1. Take all of your regular medication as you took them before your operation, unless instructed otherwise.
2. Take pain medication as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.

Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

- ... call your surgeon/doctor,
- ... or call Telehealth 1-866-797-0000
- ... or come to the Emergency Department at Georgian Bay General Hospital

The day after your surgery call your Surgeon's office for your _____ week follow-up appointment:

Specific Instructions:
