

Post C-Section Info

C-section discharge/post op/post partum instructions

The amount of bleeding you experience can vary greatly, but you should expect to have bleeding for 2-6 weeks after delivery. It typically starts like a very heavy period and should in general decrease gradually over time. Early on, you may experience, on occasion, the passage of blood clots which is usually normal as long as the bleeding decreases afterwards and you are feeling okay.

I recommend taking something regularly for pain for the first 5-7 days after surgery. Consider taking your prescription pain medication 3-4 times a day and Ibuprofen from 400-600 mg (advil/motrin/generic) 4 times a day for the first few days. Some patients find it helpful to take ½ of your prescription pain medicine every 2-3 hours rather than waiting 4-6 hours to take one or two. Consider taking 2 pain pills at bedtime. After this first 5-7 days, you may taper and just take your medicine on an as needed basis.

Keep your incision clean and dry as much as possible. You may leave it open to air or cover with a clean pad or cloth if desired. Shower and gently clean around it with soapy water using an antibacterial soap. Blot dry afterward. Consider using a hair dryer on a cool setting 4-5 times/day to dry your incision if it is in a crease and has a tendency to stay moist as moisture increases the chances of infection. A small amount of drainage from your incision is normal. Loose fitting clothing will help during the healing process. Some burning around the incision is common and will improve over time. If covered with AquaCell waterproof bandage simply leave in place and shower as usual. The bandage will be removed in the office or you should remove it yourself if your appointment is more than a week after surgery. See the removal instructions on our website if you have any questions. Tub baths are ok 2 weeks post operatively if incision is closed and vaginal bleeding is minimal.

You should continue a pre-natal vitamin daily. Take iron (over the counter iron sulfate 325 mg, your previous prescription iron, or over the counter fergon) 2-3 times a day for 4 months post partum. This is important to build back up your body's iron stores that were depleted during pregnancy and delivery.

I recommend you use an over the counter stool softener such as surfak or colace for the first few weeks after surgery as constipation is common after delivery and with pain medications.

Breast feeding is encouraged unless specifically instructed otherwise. The medical literature clearly shows this is beneficial to your new baby even if you are only able to do so for a short period of time. Reference the hospital discharge orders for the LCMH lactation consultant contact information. This is a very helpful resource made available to you.

It is very common to have some emotional ups and downs during the post partum period. This is especially common during the first 2 weeks. This will generally improve over time with an improved routine and sleep pattern. You can always call the office if your symptoms seem to be excessive or worsening.

Do not do any heavy lifting for 6 weeks post partum. You may carry your baby. Use your judgment and be careful about lifting much more than that. You may climb stairs, ride in a car and do things at waist level. You may drive 2 weeks after surgery if you are doing well and not taking any prescription pain medication.

I recommend you wait 6 weeks before resuming intercourse.

You will typically have 2 follow up appointments. The first will be to check your incision at approximately 1-2 weeks after delivery. The second will typically be about 5-6 weeks post c-section. Just call the office to schedule if not done before you leave the hospital.