

Congratulations on your delivery!

As you go home from the hospital after a **Cesarean Delivery**, you may feel overwhelmed with the amount of information you have been given. Read this letter written by me to simplify the process. Print it out and hang it up as a reminder. This will keep you on track.

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 few 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 few days, you may taper and just take your medicine on an as needed basis.

Your incision is probably covered with an **AquaCell waterproof bandage**. Just leave this in place and shower as usual. If this bandage is bothering you or if it is getting water underneath it, simply remove it. It also needs to be removed one week after surgery. If your appointment is within a week, we will remove it in the office. If your appointment is greater than a week post op, please remove it at home. There are instructions for removal on our website (www.williamgrovesmd.com) under patient instructions/aquacell bandage. Once your bandage is removed, 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. 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. You may take your home iron or order off of FullScript. 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 2-3 times per day 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.

Hospital discharge/ shopping checklist:

- **Ibuprofen (as above)**
- **Prenatal vitamins – continue**
- **Stool softner – as above**
- **Iron supplement – order from FullScript or other**
- **Prescription pain medication**

Notes:

See you soon!!!

Dr. Groves