

## **NOVA GROUP FOR WOMEN**

### **CESAREAN SECTION POSTPARTUM INSTRUCTIONS**

1. Bleeding should decline over the next 2-4 weeks to eventually cease by 6 weeks. There may be occasional episodes of an increase, particularly with breast feeding or increased activity. This is generally normal. However, please notify the office if the trend of bleeding is progressively increasing.
2. Sanitary pads rather than tampons are recommended until all bleeding associated with delivery ceases.
3. Constipation after delivery is common. This condition is generally made worse by strong pain medication, decreased activity, and your surgery. It is recommended that the daily use of bran products, prunes or prune juice, fresh fruits and vegetables, and adequate liquid intake can diminish the discomfort. If constipation persists in spite of these efforts, daily use of Colace, or Metamucil is strongly recommended. You may also use Milk of Magnesia or Miralax.
4. Healing of your incision is enhanced by good hygiene, avoidance of weight any heavier than your baby, and the utilization of either a heating pad or a hot water bottle. If there is progressive tenderness, redness, or drainage from the incision, please call the office. If you have steristrips on your incision, please remove them in approximately 4-5 days after your discharge. You can gently remove them while showering.
5. It is recommended that you continue your vitamins and iron tablets for a minimum of 6 weeks after delivery. If you are nursing, most pediatricians recommend continued use of vitamins until the baby is weaned.
6. If you notice an area on your breast that is red, tender or swollen associated with a fever > 105, degrees, please notify us.
7. Douching and sexual activity are to be avoided for 4-6 weeks.
8. You should make every effort to progressively decrease your utilization of strong pain medication (Tylenol 3, Percocet, etc.) and transition to Ibuprofen/ Tylenol.
9. You may ascend and descend stairs at a maximum of 2-3 trips a day for the first 2 weeks. Please take one step at a time and utilize the railing for support. We recommend you not drive for 2 weeks after surgery though some patients may feel confident to drive after 1 week. There is no restriction to riding in the car.
10. You may go outside at anytime after going home unless specifically restricted by your doctor.
11. You may begin light exercise at 4 weeks, however you may take short walks one week after delivery.
12. We would like to be notified of any fever greater than 100.5 F, unless associated with a cold or flu.
13. You may feel quite exhausted for the first few months after a delivery. The demands of a newborn are significant. Your recovery will be enhanced by adequate rest, good nutrition, and a lot of help from family and friends. Enjoy!