



EFFECTIVE & EASY-TO-FOLLOW 1-WEEK C-SECTION RECOVERY PLAN

Designed for action, and realistic execution for new mom

Quick, daily goals for healing

- ✓ Hydrate (3L/day – plain + ajwain/fennel water)
- ✓ Eat warm, protein-rich meals (khichdi, moong dal, ghee, eggs, bone broth)
- ✓ Walk lightly every 2–3 hrs (even 1–2 mins counts)
- ✓ Practice deep belly breathing (3 sets, 5 breaths each)
- ✓ Keep incision clean + dry (no scrubbing or pressure)



[Day-by-Day Breakdown >>](#)





STABILIZE + REST

Sleep, deep breathing, foot/ankle movements in bed



Ask for full support-zero pressure on you

Plot No 290
In Front of Ramprastha, Green Gate No 1
Sec 4 Vaishali, Ghaziabad



www.omansh.org



LIGHT MOVEMENT STARTS

Sit up slowly with support



Shoulder and neck rolls to relieve stiffness





GUT HEALING + GAS RELIEF

Start jeera-ajwain water & Add boiled veggies/soups



Gentle pelvic floor awareness (just feel-don't strain)





IMPROVE POSTURE + SUPPORT CORE

Use backrest while feeding/sitting



Try abdominal binder (only if comfy)





BOOST ENERGY + CONFIDENCE

Warm oil massage (legs, arms only)



Mini walk: 5–10 mins (broken into 2–3 rounds)

Plot No 290
In Front of Ramprastha, Green Gate No 1
Sec 4 Vaishali, Ghaziabad



www.omansh.org



EMOTIONAL CHECK-IN + BODY AWARENESS

Try skin-to-skin or bonding time with baby



Repeat self-affirmations: "I'm healing. I'm strong"





SELF-CARE & ROUTINE BUILDING

Quick warm bath or sponge wipe (if advised)



10 min total walking + quiet journaling/reflection





AFFIRMATION TO REPEAT DAILY

**"Rest is healing.
My body is recovering.
I am not behind—I'm rebuilding."**

FOR MORE SUPPORT

Contact Us

 +91 85270 45759

DR. GARIMA BISWAS

- Physiotherapist
- Licensed Clinical Instructor of WOE IIPRE
- International Institute of Pelvic Floor Research And Education
- Certified Yoga Therapist
- Certified Antenatal & Post Natal Therapist
- Internationally Certified Pilates Instructor
- 15 Plus Years of Experience



Plot No 290
 In Front of Ramprastha, Green Gate No 1
Sec 4 Vaishali, Ghaziabad



www.omansh.org