

After a Cesarean



It can take time to recover fully after a cesarean. It's important to take care of yourself—both for your own sake and because your new baby needs you.

Incision care

Tips for taking care of your incision include:

- You will likely be able to shower and pat the incision dry.
- Watch your incision for signs of infection. These include redness that gets worse or fluid draining from it.
- Hold a pillow against the incision when you get up from a lying or sitting position. Also do this when you laugh or cough.
- Don't do any heavy lifting. Don't lift anything heavier than your baby until your healthcare provider tells you otherwise.

When to call your healthcare provider

Call your healthcare provider if any of the following occur:

- A fever of 100.4° F (38°C) or higher, or as directed by your provider
- Redness, pain, or discharge at the incision site that gets worse
- Vaginal bleeding that soaks through a pad per hour or large blood clots
- Severe pain in your stomach
- No bowel movement within 1 week after the birth of your baby
- Vaginal discharge that has a foul odor
- Swollen, red, and painful area in the leg
- Burning when urinating or blood in the urine
- A rash or hives
- Sore, red, painful area on the breasts (may also have flu-like symptoms)
- Feelings of anxiety, panic, and depression, or trouble bonding with your baby

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