



Top 10 Tips For C-section Recovery

1

PREPARE FOR THE PAIN

After a c-section, it can be normal for it to hurt when we get in/out of bed, or take a shower, or get up and down from a chair. **HOWEVER**, it is vitally important that you stay on top of your pain. Even if you are a person who typically doesn't take pain medication, know your options and have a plan.

2

MOVE SLOWLY AND CAUTIOUSLY

You definitely might feel like you have to move slowly and cautiously. Movement could really feel different for a while. Maybe it's going to be awkward. It could hurt. All of that is okay and normal. Try just "inching" around. Little bits by little bits. Day by day, it will slowly get better.

3

REST, REST, REST

Remember there is a formidable amount of healing going on right now. C-section recovery is recovery both from birth and a major surgery! Stay in bed as much as possible for the first week. Then stay around the house for the second week.

4

USE A STEP STOOL

Use a step stool to help you climb up into bed. Use a step stool in the kitchen to get down a glass. Use a step stool under your feet to support your legs and pelvis when you are going to the bathroom (hello Squatty Potty!).
Make life easier for yourself whenever you can.

5

GET A STOOL SOFTENER

After a C-section, constipation is common. Avoid pressure or straining to have a bowel movement and don't wait for your stool to become large or hard before you do anything. Be proactive and get a stool softener in advance. Not sure what kind or which brand? Talk to your doc.



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6

USE A PILLOW HUG

It can hurt to laugh, cough or sneeze (that's normal). Try and support your scar with a pillow "hug" when you do these things. If you don't have a pillow nearby, you can also use your hands for gentle support.

7

CHECK YOUR SCAR

You need to check your wound/incision multiple times (3-4) each day for any signs of infection. Many types of infection do not cause symptoms until 4-7 days post-op, so that often doesn't show up until after you get home. If you aren't sure, take a picture of your incision. Always reach out to your care provider with any questions, don't hesitate and don't wait.

8

NUMBNESS IS NORMAL

Numbness around the scar is normal. It can also last for months. Feeling strange in your body can be normal too.

9

HYDRATE, HYDRATE

Stay hydrated – drink, drink, drink. Even if you feel really swollen. There is a lot of healing and adaptation going on in your body right now. You need to be hydrated to support those processes, and to help clear out all the waste and healing by-products.

10

CONSIDER PHYSIO

You can always reach out to your local pelvic floor physio for support and guidance throughout your healing and postpartum period. Ask all your questions. Virtual support can also be a great thing in the early weeks so you don't have to go anywhere for an appointment.