



Post-Operative Instructions – Caesarean Section

Congratulations on the birth of your baby!

Hospital Stay

You will be in hospital for an average of 2-4 days following your C-section. The time will depend on yourself and your baby.

Rest, Exercise and Activity

- You will need plenty of rest as you recuperate from your surgery. This is especially true in the first two weeks.
- Avoid much activity outside the home in the first two weeks. You will tire easily and quickly. "Pushing yourself" will not speed your recovery, but slowly increasing your activity level day by day will.
- Walking is the only exercise recommended until your 6 week post-op appointment.
- Avoid strenuous activity, including vacuuming and lifting laundry into and out of the machines for the first two weeks. Do not lift anything heavier than the baby in the car seat, for the first 6 weeks.
- Climbing stairs is safe. Go slowly.
- Showering is fine. Try to avoid long, hot, steamy showers because this can lead to fainting episodes. Avoid tub baths for two weeks.

Medications

- It is important to take your pain medications on a regular basis for the first week or so. As your pain decreases, you will require your medications less. The medications that you have been prescribed are safe to take while breastfeeding.

Incision site

- It is common to experience pain, numbness, or tingling along the incision. This may resolve over time.

Diet and Personal Care

- You may eat your regular diet. You may want to avoid carbonated beverages because they make you feel bloated and uncomfortable. Drink plenty of water.
- Your bowel movements may take a few weeks to become regular again. You may be constipated or have loose stools, or both. Over the counter stool softeners, laxatives, or fiber agents are safe to use in moderation for discomfort.
- Do not put anything in your vagina, including tampons, douching, or intercourse until your 6 week check-up. Remember, you can get pregnant if you have unprotected intercourse.

- Your vaginal bleeding will decrease with time. You may pass some clots, but these should get progressively smaller in size. Your bleeding or spotting may continue until your 6 week check-up. Your first period may or may not come before your 6 week check-up. This first period can be very heavy – don't be alarmed.
- Driving is not allowed until after you are no longer taking narcotic pain medicines (if they have been prescribed), and you can react while driving without worrying about the pain of movement. For most people, this is about 2 weeks after surgery for automatic vehicle, and 4 weeks after surgery for standard vehicle.

Be Sure to Call At Once (your provider's office or 613.256.2514 x 2233 after hours)

- If you're bleeding becomes heavy and increases after initially decreasing.
- If your temperature ever reaches 38°C (100°F) or more.
- If you have severe pain, or pain unlike menstrual cramps, or if you break out in a rash or hives.
- If you notice foul-smelling vaginal discharge.
- If your incision becomes warm, red, and swollen.
- If you have burning with urination.
- If you have unexplained pain in the chest or legs.
- If you have persistent cough or difficulty breathing.

Your follow-up appointment should be scheduled for 6 weeks post-surgery. Please contact the office directly as soon as possible to be flexible with appointment times:

613-256-8800 Dr. B. Awwad

613-256-3950 Dr. D. Caloia