

When To Seek Medical Attention

- Increased redness, swelling, or drainage from your incision
- New or continuous bleeding from your incision
- Increased pain
- Incision gaping
- Flu-like symptoms such as chills, fever, nausea, tiredness, poor appetite
- Foul smelling discharge from vagina
- Increased vaginal bleeding (visit ED if pad saturated in one hour)
- More than two blood clots larger than a loonie in 24 hrs
- Pain and/or swelling to one or both legs

Contact Information

Emergency	911
Nurse Hotline	811
Queen Victoria Hospital	250-837-2131
Public Health	250-814-2244
Selkirk Medical Clinic	250-837-9321

See www.revelstokelife.ca under the Prenatal, Postpartum and Maternity feature for more services offered in our community.

Queen Victoria Hospital

Bag 5000
Revelstoke, B.C.
VOE 2S0

Phone: (250) 837-2131



Interior Health
Every person matters

Post-operative Caesarean Section Instructions



Queen Victoria Hospital
Revelstoke, B.C.

(250) 837-2131

This is a guide for how to take care of yourself after your Caesarean Section.

First 48 Hours

- Expect to stay in hospital for 2 to 3 days after your surgery.
- For the first 24 hours, nurses will be checking your vital signs, pain levels, and vaginal bleeding frequently.
- Nursing staff will bring pain medication regularly. You may receive suppositories or oral medication.
- Compression stockings will be removed once you are walking .
- Your foley catheter will be removed once you can walk to the bathroom. This should be within the first day of surgery.
- Try to void every 4 hours. Drink lots of fluids.
- Your flow will be moderate to heavy.
- Use sanitary pads only for vaginal bleeding.
- You can shower after 24 hours.
- Sleep when baby sleeps.
- Nurses will be available to help lift baby and assist with breastfeeding.
- Get up slowly to prevent dizziness.
- When getting up roll to your side and prop yourself up with your arms.

Day 2 to 6 Weeks

Make an appointment to see your physician within the first week.

Activity and Pain Management

- Movement will be uncomfortable while you are healing.
- Light exercise (short walks) and frequent movement is best! Listen to your body as you slowly increase activity.
- Take medication regularly as needed so you can move!
- Please take prescriptions as directed.
- Check what other medications/herbs/supplements can be taken with your prescription.
- If you do not have a prescription you can take over-the-counter medications such as Tylenol and Ibuprofen.
- Acetaminophen (Tylenol) – Take 500 to 1,000 mg orally every 4 to 6 hours to a maximum of 4,000 mg in 24 hours.
- Ibuprofen (Advil®) – Take 400 to 600 mg orally every 6 hours to a maximum of 2,400 mg in 24 hours.
- It is important to keep your stool soft. Take a stool softener such as Lax-a-day regularly if you are becoming constipated.
- Hold a pillow against your stomach when sneezing, laughing, or coughing to reduce pain.
- Do not lift anything heavier than your baby for 6 weeks.
- Please ask your physician and insurer about when it is safe to drive.

Flow

- Your flow should be light. Use a sanitary pad only.
- See back panel for when to seek medical care.

Incision Care and Hygiene

- Staples or clips will be removed at your doctor's office 4 to 5 days after surgery.
- Steri-strips may be used when clips are removed. They will fall off on their own or be removed by a doctor/nurse.
- Sutures dissolve on their own.
- Shower and change dressing daily until there is no drainage and dressing remains dry.
- May take tub bath in 1 week or as advise by your doctor

Week 6

- It is safe to resume sexual activity.
- Discuss family planning options with your doctor (options include IUD, oral contraceptives, etc.).
- You can now lift objects heavier than 10 pounds.
- Physiotherapy can help with scar healing, pelvic floor recovery and building strength.

