



Post Cesarean Section Instructions

- Make your post-partum follow-up appointment now for 2 weeks.
- You will need another appointment in approximately six weeks post-operatively. At this appointment, most of your restrictions will be lifted.
- No douching, tampons, or intercourse.
- No heavy lifting or straining. Do not lift over 20 lbs. After your first post-operative visit, you may do some light housework.
- You may start driving a car two weeks after your surgery.
- You may have vaginal spotting for approximately 4-6 weeks. You may have an odor. If excessive bleeding occurs, more than a heavy period, or soaking more than one pad an hour, contact your doctor. Many women will bleed heavily about 2-3 weeks after delivery, this is common Mini-pads are usually more comfortable: do not use tampons for 2 weeks.
- Showers or baths are fine.
- You may climb stairs, but make the trips worthwhile. Use your own judgment.
- Report any temperature over 100.5 Fahrenheit
- You may receive a prescription for pain pills. Don't be afraid to use them.
- Use Colace, if necessary to keep stools soft. If you have not had a bowel movement for 1-2 days, take one ounce of Milk of Magnesia.
- Call the office and talk with either the doctor or the nurse if you have any problems or questions.
- Wear a good fitting bra at all times.
- Take vitamin and iron pills if nursing and if blood count is low.