



Caring for Yourself



Caesarean Section

How do I take care of the incision from my Caesarean Section?

- Keep your incision clean and dry. Use mild unscented soap and warm water in the shower to wash your incision and pat dry with a towel.
- Air dry your incision while lying down (if necessary - hold your tummy up)
- Your staples are removed after 4-6 days, and the stitches on your inside will dissolve on their own.
- *While you cough or sneeze:* Use your hands or a pillow to support the incision and decrease the strain on your muscles and avoid pain. Make sure to cough and sneeze into your arm – not into your hands.
- *When getting out of bed:* ensure you straighten your back up before walking to decrease back strain.
- It takes 4-6 weeks to feel in good health again from the time of surgery. Give yourself time to rest and heal.



Call your health care provider if:

- you have a fever
- your incision becomes red and swollen, or
- bleeding/discharge is leaking from your incision.