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## HELP YOUR C-SECTION INCISION HEAL

Your c-section will heal about 8 weeks after surgery. Women of an unhealthy weight have a strong chance of having a c-section infection. This may slow down the time it takes to heal, or it may bring other health problems.<sup>2-4</sup> Healing may take longer if you have diabetes.<sup>5</sup> Walking helps your wound heal by improving blood flow to the wound.<sup>6-7</sup>



Check your wound every day to make sure it is healing properly. From the outside, the wound looks to be healing quickly. The wound is not fully healed from the inside.<sup>6</sup> The wound should feel soft. Over the next few weeks it will start to feel a little hard. This is normal.<sup>6-8</sup> At first, the scar may be a darker or pink color than the rest of your skin. The wound will soon start to match your natural skin color.<sup>6-8</sup> Your scar may also be itchy, but try not to scratch it.<sup>7</sup> Call your doctor if you see signs of infection:<sup>6,7</sup> if the pain that

### TIPS OF THE WEEK

- Keep the c-section area dry and clean.
- Sleep when the baby sleeps and get plenty of rest.
- Walk 10 minutes each day. That equals 1,000 steps each day!

gets worse; if you have a fever over 100.4°F; brown, green or yellow discharge coming from the incision.

**EVERY WOMAN HEALS AT A DIFFERENT PACE.  
DON'T DO TRY TO DO TOO MUCH TOO SOON.**

### TIPS TO HELP YOUR C-SECTION WOUND HEAL

1. Take pain medicine as directed by your doctor<sup>7</sup>
2. Clean the wound by washing it with soap and water.<sup>6</sup> Don't scrub the wound or soak in a tub for about 3 weeks.<sup>8</sup>
3. Keep the wound dry and expose it to air.<sup>6</sup> No need to apply ointments, creams, or alcohol.
4. If your belly covers the wound, put a sanitary pad on top of the wound to keep it dry from sweat.<sup>6</sup>
5. Use your hands or a pillow to support your wound when you cough, sneeze, or laugh.<sup>6</sup>
6. Avoid lifting anything heavier than the baby for 8 weeks.<sup>8</sup> Get help from your friends and family.
7. Sleep as much as you can! If you don't get enough sleep the wound takes longer to heal.
8. Put a pillow over the wound when holding or breastfeeding the baby.<sup>7</sup> Visit the Breastfeeding Modules to learn about safe breastfeeding positions during c- section recovery.
9. Wear loose fitting clothes.
10. Eat healthy and drink water.
11. Walk 10 minutes each day this week. Wear your pedometer all day, except when you shower and sleep.



## RESOURCES:

### MAYO CLINIC – C-SECTION RECOVERY AND WHAT TO EXPECT

[mayoclinic.org/healthy-living/labor-and-delivery/in-depth/c-section-recovery/art-20047310](https://www.mayoclinic.org/healthy-living/labor-and-delivery/in-depth/c-section-recovery/art-20047310)

### HEALTHLINE - POST-CESAREAN WOUND INFECTION: HOW DID THIS HAPPEN?

[healthline.com/health/pregnancy/post-cesarean-wound-infection](https://www.healthline.com/health/pregnancy/post-cesarean-wound-infection)

### RECOVERING FROM A CESAREAN DELIVERY

[babycenter.com/0\\_recovering-from-a-cesarean-delivery\\_221.bc?page=1](https://www.babycenter.com/0_recovering-from-a-cesarean-delivery_221.bc?page=1)

### MEDLINE PLUS – INCISION CARE

[nlm.nih.gov/medlineplus/ency/patientinstructions/000624.htm](https://nlm.nih.gov/medlineplus/ency/patientinstructions/000624.htm)

### PINTEREST – C-SECTION RECOVERY

[pinterest.com/explore/c-section-recovery/](https://pinterest.com/explore/c-section-recovery/)

### VIDEO: MOM WHO JUST HAD A C-SECTION

[babycenter.com/2\\_c-section-recovery-the-first-few-days\\_10308430.bc](https://www.babycenter.com/2_c-section-recovery-the-first-few-days_10308430.bc)

### VIDEO: C-SECTION RECOVERY - WOUND CARE

[babycenter.com/2\\_c-section-recovery-wound-care\\_10314058.bc](https://www.babycenter.com/2_c-section-recovery-wound-care_10314058.bc)

### BLOGS

#### A MAMAS BLOG – RECOVERING AFTER A C-SECTION

[amamasblog.com/2008/03/28/recovering-after-a-c-section/](http://amamasblog.com/2008/03/28/recovering-after-a-c-section/)

#### HEALING THE SCARS

[healingcesareanscars.blogspot.com/2011/01/meet-my-scar-day.html](http://healingcesareanscars.blogspot.com/2011/01/meet-my-scar-day.html)

#### CARE AND RECOVERY AFTER A C-SECTION

[pregnant.thebump.com/new-mom-new-dad/post-birth-recovery/articles/care-recovery-after-c-section.aspx](http://pregnant.thebump.com/new-mom-new-dad/post-birth-recovery/articles/care-recovery-after-c-section.aspx)

### APPS

#### C-SECTION MUMMY (\$1.99)

[itunes.apple.com/us/app/c-section-mummy/id421827074?mt=8](http://itunes.apple.com/us/app/c-section-mummy/id421827074?mt=8)

### VIDEO

#### HOW SHOULD I CARE FOR MYSELF AFTER A C-SECTION?

[youtube.com/watch?v=qQfC-COVXFQ](http://youtube.com/watch?v=qQfC-COVXFQ)

#### C-SECTION, HOW IS YOUR WOUND HEALING?

[community.babycenter.com/post/a33866530/c-section\\_how\\_is\\_your\\_wound\\_healing](http://community.babycenter.com/post/a33866530/c-section_how_is_your_wound_healing)

#### PLUS SIZE BIRTH

[plussizebirth.com/tag/maternal-obesity/](http://plussizebirth.com/tag/maternal-obesity/)

#### THE WELL-ROUNDED MAMA

[wellroundedmama.blogspot.com/](http://wellroundedmama.blogspot.com/)

#### 1 WEEK POSTPARTUM FOLLOWING C-SECTION

[youtube.com/watch?v=UvHlMITZWOE](http://youtube.com/watch?v=UvHlMITZWOE)

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