

Women's Health Care

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POST-OP INSTRUCTIONS FOR C-SECTION

DIET:

Avoid foods that may bother your stomach, such as greasy or spicy foods. To avoid constipation eat fruits, vegetables, and whole grain foods. Drink at least 8 glasses of fluid each day.

ACTIVITY:

You should not drive for at least 2 weeks. Take showers instead of tub baths for 10 days. Do not lift anything heavier than your baby for approximately 6 weeks. NO tampons, use pads to absorb vaginal bleeding. Limit using stairs during the first week. NO intercourse for at least 6 weeks.

PAIN:

You will be given a prescription for pain. Take this every 4 hours as needed. Notify the office of any pain or swelling in your legs, shortness of breath or chest pain, or if fever over 100.5 or chills develop.

BLEEDING:

Notify the office of any increase in vaginal bleeding or a smelly discharge.

INCISION:

Your abdominal incision may be closed with either stitches or staples. Any staples will be removed on your first follow up office visit. Usually the stitches are hidden beneath the skin and will dissolve with time. The dressing should be changed every day. Report any signs of infection, pus, marked swelling or redness to the office.

APPOINTMENT:

Call our office as soon as possible after arriving home to make an appointment.

If problems or questions arise, please contact our office.