

The expected recovery time following a caesarean section is approximately six to eight weeks.

## What to expect when you go home?

### Activity

- You may be more tired than you were in hospital. This is normal and you are advised to rest during the day when your baby is sleeping.
- Ask family or friends for assistance in the first few weeks at home. They can help by hanging out washing, vacuuming, shopping or minding older children so that you can catch up on sleep.
- You are also eligible for services when you are discharged home through EGHS Post Acute Services. This will be discussed with you prior to discharge and any services you require will be organised. Such services include housework duties.
- After the first few weeks at home you may resume light housework and gradually resume normal activities as tolerated. However you are advised not to lift anything heavier than your baby for the first six weeks. This includes vacuuming and carrying heavy groceries. Remember that car seats and prams can be quite heavy.
- Short regular walks will help you regain your strength.

### Wound Care

- Keep your wound clean and dry. Shower daily and pat dry with a towel. Avoid using talcum powder or creams on the wound area.
- Avoid putting pressure on the area by wearing loose fitting clothes. If you need to bend, squat at the knees rather than bending over.
- Look out for possible signs of infection: increased pain, redness, swelling, discharge or fever. If it is hot to touch, there is discharge or you develop severe abdominal pain you should see your GP or come into the Urgent Care Centre for advice.

### Pain Relief

- Following discharge from hospital you might continue to have mild-moderate pain which should be relieved by Panadol or Panadeine. Use as directed.
- A script for pain relief can also be supplied by your GP/Obstetrician prior to discharge.
- If pain becomes worse see your General Practitioner.

### Postnatal Exercises

- Commence postnatal exercises (pelvic floor exercises) according to the [Postnatal Physiotherapy Information Booklet – BRPHY18](#) given to you by the midwives/physiotherapist.



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- You can also make an appointment with a physiotherapist at EGHS who can assist you with post caesarean section exercises if needed, no referral is required. Phone 5352 9327.

### Driving

- You may drive when comfortable (usually at least two weeks).
- Before you start, while stationary, put your foot on the brake as in an emergency stop, if painful wait a bit longer before you commence driving again.
- Check with your car insurance as some companies have regulations following major surgery.

### Sexual Intercourse

- Sexual intercourse can be resumed when you feel comfortable.
- Contraception is important prior to commencing sexual intercourse as fertility can return quickly.

### Diet

- Eat a healthy diet to assist in wound healing, general wellbeing and avoid constipation.
- Try to eat three meals a day, which contain plenty of protein to aid healing (e.g. meat, cheese, nuts, milk or fish).
- Include fibre such as fruit, bran and vegetables to avoid constipation, which will cause you to strain your abdominal muscles.
- Drink plenty of fluids.

### Midwife and Maternal Child and Health Nurse Visits

- A midwife from EGHS will do a domiciliary visit to your home to see how you and your baby are going after discharge. This will usually occur within two days of you going home from hospital.
- The midwife will be able to answer any questions you have about your baby or breastfeeding and refer you to other health professionals when needed. If you are having issues with breastfeeding, ask your midwife about organising an appointment with the EGHS Lactation Consultant.
- The local Maternal Child and Health Nurse will also do a home visit to check you and your baby and answer any questions you may have about your baby's progress.

### Contacts

Midwifery Department: 5352 9321

Urgent Care Centre: 5352 9364

### Resources

The Australian Breastfeeding Association

W: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

P: 1800 686 268

24 hour Maternal Child and Health Nurse line

P: 13 22 29



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