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اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# Going Home after a Caesarean Section

## Women's Health

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

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## FURTHER INFORMATION

ASPH Community Midwives Office      **01932 722413**

Reference:

Caesarean Support Network      **01624 661269**

[www.nhs.uk](http://www.nhs.uk)

[www.nctpregnancyandbabycare](http://www.nctpregnancyandbabycare)

[www.NICE.org.uk](http://www.NICE.org.uk)

For breast feeding advice and support:

Infant Feeding advisors      **01932 722678**

## Going Home after a Caesarean Section

This leaflet is intended to give you additional information to that received from a healthcare professional.

After your caesarean section you will be able to go home after 48 hours depending on how you and your baby are.

Prior to going home it is a good idea to:

- Have a discussion with a midwife or doctor about the reasons why you needed a caesarean section
- Arrange with your family/friends so that you have practical help especially for the first few days, such as care of other children/cooking/housework/ironing/shopping
- Ensure pain relief/iron tablets are prescribed and that you take your medication home with you
- Ensure your home address/phone number is up to date for when the community midwives visit

Remember to take home your discharge notes and details of how to contact your community midwife

### Once at home:

- Take it easy – you will need others to help you
- Try to base yourself and your baby in one room to minimize trips up and down the stairs so that you are not doing too much

- Take every opportunity to rest and you should feel better each day. You should try to sleep when your baby sleeps, as your baby may wake often for feeds
- Take regular pain relief (as prescribed in hospital)
- Post natal exercises and pelvic floor exercises are really important – start them gently as advised by the midwife (see Postnatal Exercise leaflet)
- Your vaginal blood loss will gradually decrease but may increase slightly when you breast feed or start being more active
- Routine visits from the community midwife are usually on the first day home, day five and day ten, but you may have extra visits if necessary
- Your wound dressing is waterproof and this can stay on throughout showers/baths – the midwife will remove the dressing on day 3 after caesarean section and check the wound for you and remove any stitches as necessary between day 3 and 5. You can keep the wound clean by having a bath/shower and drying with a clean towel
- If you have any concerns about your blood loss, wound or calf pain, or if you have any difficulties passing urine or opening your bowels, you should contact your midwife/GP

- Avoid sitting or standing for too long. When lifting your baby, draw in your abdominal muscles gently and this will help to support you
- Do not lift anything heavy or bend or stretch to excess –for the first few days you may need to ask for help to lift the baby out of the cot
- If you have a toddler or small child and they need a cuddle try sitting down on the bed or sofa and have the child next to you for a cuddle rather than bending down to pick him/her up
- Driving – you may find it uncomfortable to have a seat belt on but this is required by law so apart from your first lift home you may prefer not to be a passenger for the first week. YOU should not drive until you feel you would be comfortable and manage an emergency stop. You should check with your car insurance company in case they say you cannot drive until six weeks after your caesarean section
- Visitors – try not to have too many in the first week unless they are going to be helpful

After a caesarean section women should only resume driving, carrying heavy items, formal exercise, and sexual intercourse once they have fully recovered from the operation due to the physical restrictions and/or distracting effect of pain.