

POSTPARTUM HEALING

For a C-section

LET IT BE
Birth



HEALING INTERNALLY

- Remember the wound inside your uterus is about the size of your open handprint... REST more than you think you should, and then more after that!
- Rule of thumb for moving about your home:
 - Week 1 - in bed!
 - Week 2 - around the bed!
- Gentle walks during the day are important to prevent blood clots and constipation, but don't overdo it!
- The bleeding from the wound inside can be quite heavy for the first day or two, tapering over the next 2-6 weeks. Refer to your care provider's instructions when determining if your bleeding is normal.
- Invest in a pack of adult diapers - they are easier to use than the giant pads, and feel more secure!
- Uterine cramps are normal and may increase while nursing. Ibuprofen or homeopathic arnica can be used to help relieve this discomfort.



HEALING EXTERNALLY



- Your incision will be tender! Gentle soap and warm water, no scrubbing! Shower only until cleared by your provider. PAT dry.
- Keep it dry as best you can, especially if you have a belly flap. Gauze or Interdry are great ways to do this.
- If you have staples, they will be removed before discharge. If you have steri-strips, they should fall off on their own.
- Keep a pillow or other soft item nearby to brace your belly when you sneeze or laugh.
- Limit trips up and down the stairs to once per day, if at all
- It is NORMAL to have little to no (or a numb) feeling around your incision for many months (or years) after your baby has been born.
- Your first post-birth poop might be a bit of a mental hurdle. Taking a stool softener can help make things pass more smoothly!
- Keep an eye out for signs of an infection - including pain, pus, swelling, redness, swollen lymph nodes, or a fever over 100.4°F.

