

A black and white photograph of a woman in a hospital gown holding a newborn baby. She has her hair pulled back in a bun and is looking down at the baby. In the background, there are medical equipment and a window.

TOP 12 TIPS

FOR C-SECTION RECOVERY

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FREE GUIDE

12 TOP TIPS FOR RECOVERY

skin to skin

PROMOTES BONDING & CONNECTION



Skin-to-skin. is where your baby is placed naked (except for a nappy), directly on your chest at birth. Also known as "kangaroo care". This simple step **stimulates bonding**, breast milk production & initiates feeding, helps your baby stay calm, breathe more naturally, stay warm, maintaining body temperature and maintaining their blood sugar. Also powerful for your partner to do too.

drink lots of water

STEP TO PREVENT CONSTIPATION



Drink Lots Of Water Water makes up 60% of our body weight and is crucial for our body to function well. After a C-section, **water is crucial to help with healing and also helps relieve constipation**. Taking steps, like drinking at least eight cups of water per day to keep your bowels moving, will help so you don't have to strain yourself. You can leave bottles and mason jars filled with water around the house as a reminder to stay hydrated.

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WHEN COUGHING, LAUGHING OR SNEEZING

hold pillow over wound



IMPROVES RECOVERY LESSENS PAIN

take pain meds on time

Pain management is an important part of recovery & something not to ignore when recovering. C-section pain in the first one to two weeks after surgery can be pretty intense, so managing that pain is essential. Therefore **take pain meds on time, set alarms on your phone as reminders** so you can stay on top of the pain. If you wait till you're in agony it will take a lot longer to get back on top of the pain.



ENHANCE YOUR WOUND HEALING

rest as much as possible



TO REDUCE PRESSURE ON WOUND

Feet on stool when going #2s

The Golden Rule Is REST It's normal to feel extremely tired after a C-section. **Your body needs time to heal**. **The first two weeks are essential in creating the right foundation for your wound to heal and resting is a major part of that**. Try to sleep when the baby sleeps & get help from a loved one so you can rest. You want a fast recovery - don't skip this step. **Rest and you'll recover faster**.

Feet on stool when going #2s.

After having major abdominal surgery **you will mostly likely be constipated** and find it really difficult to move your bowels, putting **undue pressure on your incision**. **When you try to move your bowels, sit on the toilet with your feet raised on a stool**. This will help position your body in the best way for your bowels to move. You can also hold a pillow across your incision while you try can be extra helpful too!

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wear comfy clothes

ESPECIALLY LARGE BRIEFS



Wear Comfy Clothes Highly recommend a "tubigrip" to wear overtop of your bump and incision. It's like magic, it **gives beautiful support**. Depending on how your incision heals, wearing a comfortable pair of maternity leggings. Wearing loose fitting clothing, dresses and high waisted underwear **helps to reduce rubbing on incision and aggravating the healing of the wound.**

keep wound dry & clean

PROMOTES HEALING AND PREVENTS INFECTION



Keep your incision dry & clean This promotes healing and prevents infection. Have your partner or a friend check it every day to make sure that it looks gradually less red and puffy. You can shower as soon as you feel able, but avoid a bath until your doctor says it's alright. **Gently pat your wound dry.** TIP - Use a hair dryer on cool setting to help dry your wound. If you notice your wound getting becoming irritated, more red and swollen and you get a fever, contact your doctor incase it's infected.

sleep when baby sleeps

ENHANCES RECOVERY & MOOD



Sleep when baby sleeps Sleep promotes healing. When you close your eyes & fall asleep the brain can trigger the release of hormones that encourage tissue growth to repair blood vessels. This helps wounds to heal faster but also restores sore or damaged muscles. Broken sleep is inevitable with a newborn - so rest and sleep when the baby is. Even lying down and closing your eyes helps the recovery process.

eat well to heal

STEP TO PREVENT CONSTIPATION



Eat well to heal Good nutrition after surgery can speed wound healing of the abdominal wall and the uterus (which are split during the C-section), improve immunity, give needed energy and ensure the best outcome. Try to incorporate fresh fruits and vegetables, healthy proteins, and whole grains every day. These foods will also help reduce constipation and keep your mood positive. Don't deprive yourself of a cookie now and then, but keep the sweets to a minimum.

take short & slow walks

A STEP TO PREVENT CONSTIPATION



Take short slow walks Research shows that patients who get up and walk after surgery as soon as is safe improve their recovery time. It can prevent blood clots in your legs, keep constipation at bay, improve circulation of blood to your scar promoting healing. Initially **move SLOWLY** and take **short walks** around hospital room and then as your body allows **gently increase duration.**

accept offers of help

ENHANCE YOUR WOUND HEALING



Accepting help enhances your healing. Newborns are demanding & major surgery can be exhausting and not best done alone. **Ask for help** from a partner, family member or trusted friend. Have a someone organize a meal train, delivering meals to you for the first few weeks can take off some pressure.. Also creating a schedule for people to cuddle and care for your baby while you rest or shower is a winner. Asking for help is also important! =) It's not weak it's wise.