

Caesarean after care

Following a caesarean you may feel sore and swollen for a few days. To help with pain, **regular pain relief** is recommended in combination with **early and gentle movement**.



Your scar will take up to six weeks to heal, and to assist with healing you should:

- look out for any signs of infection such as severe pain, parting of the wound, redness, oozing of pus and bleeding
- bath or shower daily and clean your incision site gently with warm water and pat dry
- keep the scar dry and exposed to the air when possible
- wear loose, comfortable clothing and cotton underwear
- avoid lifting anything heavier than your baby.

Gentle activity such as a daily walk is recommended to prevent the formation of blood clots. Advice on resuming exercise can be found on **page 22** of this leaflet.

For more information visit:

- **NHS Choices:**
www.nhs.uk/Conditions/Caesarean-section/Pages/Recovery.aspx