Patientinformation

Information after caesarean section

Wound care
Intracutaneous sutures – most commonly used: the stitches are hidden under the skin. The thread is self-dissolving and does not need to be removed. Steri-strips (strips of tape) are placed over the wound, these can remain until they fall off or become dirty.

Metal staples – used less often: these should be removed ten days after surgery.

The dressing over the surgical wound is waterproof and you can shower with it. The dressing should be removed 7 - 10 days after surgery. Should it become loose at the edge, you may remove it earlier.
The use of surgical tape is recommended for good wound healing and in order to achieve the best cosmetic result. Micropore tape or a similar product can be bought at the pharmacy. Tape longitudinally over the wound and replace the tape after showering. The tape can be used for up to six months. For optimal scar healing it is important to avoid direct sunlight on the scar for the first year.

Things to watch out for
It is normal for the wound to feel hard and tight and for the surrounding skin around to feel numb. Please contact the women's clinic if you notice; inflammation, redness, fluid seeping from the wound, worsening pain, fever, increased vaginal bleeding or if you begin to feel generally unwell.
Whilst you have postpartum vaginal bleeding you should avoid bathing, intercourse and the use of tampons.
Constipation after childbirth is very common. We recommend over-the-counter medicines that can be bought at the pharmacy.

Pain and return to physical activity
Uncomplicated caesarean sections do not constitute a basis for sick leave.

It is normal for the wound to be sore and tender after surgery. After a few days, the pain usually decreases in intensity. We recommend that you take pain relieving medications regularly.

Please see separate advice regarding analgesic medicine.

After surgery, we recommend gentle physical activity such as walking. This promotes good healing and reduces the risk of complications. Carrying and caring for the newborn does not adversely affect wound healing. Refrain from heavy lifting and exertion that may cause pain. Increase your level of exercise carefully. You can begin returning to exercise such as jogging, going to the gym or abdominal muscle exercises eight weeks after your caesarean.
Caesarean section is no obstacle to starting with pelvic floor training a few days after surgery, on the contrary, it is good to get started with daily pelvic floor (Kegel) exercises.
Please see separate advice from the physiotherapist.

Anticoagulant therapy, Fragmin
After surgery, you will be treated with anticoagulant therapy. This is given by injection to prevent the development of blood clots. The treatment time varies depending on factors related to both the pregnancy and the operation and you may be given syringes or a prescription for continuing treatment at home. The discharging doctor will inform you about the treatment time and the postnatal staff will teach you how to self-administer the injection which is administered in the outer aspect of the thigh.

Pinch and lift the skin on the thigh with the index finger and thumb.
Insert the syringe at a 45-degree angle and inject the contents. Wait 5 seconds before removing the tip of the syringe from the skin.

Follow-up visit
Follow-up occurs with a return visit to your antenatal midwife clinic after six to eight weeks. Please contact the clinic to book an appointment.