

CAESAREAN SECTION INFORMATION LEAFLET

From Day 1

Mobility: Early mobility is advantageous to your recovery. When getting out of bed it will be easier to curl up and roll sideways than to pull forwards into sitting.

Breathing exercises: It is important following a caesarean section that you keep your lungs well ventilated and reduce the risk of retaining mucus. The most comfortable position to do these exercises is sitting upright with your knees slightly bent. Hold on to your abdominal wound and use a rolled up towel for support if you need. Take a large breath in through your nose, hold this for 3 seconds and then release, repeat twice, then support your wound as you cough once.

Circulation exercises: To relieve swollen ankles avoid sitting with your feet down for long periods of time. Circle your feet around, clench your thighs and buttocks and bend and straighten your knees.

Abdominal exercises: The abdominal exercises in the leaflet should be carried out at your own pace and you should not work into pain.

Take it easy for 6 weeks: Normally it is not recommended to drive for 6 weeks please check with your insurer. Avoid strenuous housework such as vacuuming, washing floors and gardening. Avoid heavy lifting.

Progression of exercise: Consider attending a postnatal exercise class initially. Gradually build up your level of fitness starting with walking and then after 6 weeks you can introduce cycling and swimming. Avoid strenuous aerobic activity i.e. running and weight training for 3 months.