



H. General Instructions to Follow

- Do not use tampons or douches until your doctor approves.
- Wear
 - o Loose, comfortable clothing.
 - o A supportive and well-fitting bra.
- Watch for any blood clots that may pass from your vagina. These may look like clumps of dark red, brown, or black discharge.
- Keep your perineum clean and dry as told by your doctor.
- Wipe from front to back when you use the toilet.
- If possible, have someone help you care for your baby and help with household activities for a few days after you leave the hospital.
- Keep all follow-up visits for you and your baby as told by your doctor. This is important.

WHEN SHOULD I CALL MY PHYSICIAN?

- You develop a fever over 100° F.
- You have bleeding or discharge from your incision, or the incision separates.
- You have heavy bleeding from the vagina or foul smelling vaginal discharge.
- You become dizzy or faint.
- You have chest pain or short of breath



PLEASE SCAN FOR THE LOCATION

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📞 04 440 0500 🌐 asterhospitals.com 📱 @ asterhospital

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LSCS CESAREAN SECTION



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WHAT IS CESAREAN SECTION?

Cesarean section, also known as C-section, or caesarean delivery, is the use of abdominal surgery to deliver a baby. A caesarean section is often necessary when a vaginal delivery would put the baby or mother in danger. This may include obstructed labor, twin pregnancy, high blood pressure in the mother, breech birth, or problems with the placenta or umbilical cord.

A lower (uterine) segment Caesarean section (LSCS) is the most commonly used type of Caesarean section. For this

type of C-section, an incision is made just above the pubic hairline above the level of the bladder. This is a horizontal incision that cuts through the skin as well as the underlying uterus. The baby is delivered by inserting a hand into the uterus and pulling the baby out. This is one of the most common methods of C-section delivery used today.

After the surgery, the risk of bleeding and other complications such as hernia are minimal and the surgical wound repairs easily. Furthermore, a woman may still choose a vaginal delivery for any future births.

HOW DO I PREPARE FOR A CESAREAN SECTION?

Plan for your care and recovery after the operation, especially if you are to have general anesthesia. Allow for time to rest and try to find other people to help you with your day-to-day duties. Follow instructions provided by your Physician. If you are to have general anesthesia, eat a light meal, such as soup or salad, the night before the procedure. Do not eat or drink anything after midnight and the morning before the procedure. If you go into labor, call your physician or the nurse.

WHAT HAPPENS DURING THE PROCEDURE?

You are given a regional or general anesthesia. Your physician makes a cut above the pelvis (pubic hair line) in the lower abdomen and into the lower part of the uterus to take the baby out. Your physician removes placenta, and birth sac. Your Physician shall then sew the uterus and abdomen is closed.

WHAT HAPPENS AFTER THE PROCEDURE?

After the procedure, it is common to have:

- A small amount of blood or clear fluid coming from the incision.
- Some redness, swelling, and pain in your incision area.
- Some abdominal pain and soreness.
- Vaginal bleeding (lochia).
- Pelvic cramps.
- Fatigue

You may need help with positioning your baby comfortably for feeding. Walking and standing will be painful for the first few days. Since you will be in the hospital for just 2 to 3 days, try to have some help at home for the first week or two.

FOLLOW THESE INSTRUCTIONS AT HOME

A. Incision care

- Follow instructions from your doctor about how to take care of your incision. Make sure you:
 - Wash your hands with soap and water before you change your bandage (dressing).
 - If you have a dressing, change it as told by your doctor.
 - Leave stitches (sutures), skin staples, skin glue, or adhesive strips in place. These skin closures may need to stay in place for 2 weeks or longer. If adhesive strip edges start to loosen and curl up, you may trim the loose edges. Do not remove adhesive strips completely unless your doctor tells you to do that.
 - Check your incision area every day for signs of infection. Check for:
 - o More redness, swelling, or pain.
 - o More fluid or blood.
 - o Warmth.
 - o Pus or a bad smell.
 - When you cough or sneeze, hug a pillow. This helps with pain and decreases the chance of your incision opening up (dehiscing). Do this until your incision heals.

B. Medicines

- Take over the counter and prescription medicines only as told by your doctor.
- If you were prescribed an antibiotic medicine, take it as told by your doctor. Do not stop taking the antibiotic until you finish the course.

C. Driving

- Do not drive or operate heavy machinery while taking prescription pain medicine for at least 6 weeks after the surgery.



D. Lifestyle

- Do not drink alcohol. This is especially important if you are breastfeeding or taking pain medicine.
- Do not use tobacco products, including cigarettes, chewing tobacco, or e-cigarettes. If you need help quitting, ask your doctor. Tobacco can delay wound healing.

E. Eating and Drinking

- Drink at least 8 eight-ounce glasses of water every day unless told not to by your doctor. If you breastfeed, you may need to drink more water than this.
- Eat high-fiber foods every day. These foods may help prevent or relieve constipation. High-fiber foods include:
 - Whole grain cereals and breads.
 - Brown rice.
 - Beans.
 - Fresh fruits and vegetables.

F. Activity

- Return to your normal activities as told by your doctor. Ask your doctor what activities are safe for you.
- Rest as much as possible. Try to rest or take a nap while your baby is sleeping.
- Do not lift anything that is heavier than your baby or 10 lb. (4.5 kg) as told by your doctor.
- Ask your doctor when you can engage in sexual activity. This may depend on your:
 - o Risk of infection.
 - o Healing rate.
 - o Comfort and desire to engage in sexual activity.

G. Bathing

- Do not take baths, swim, or use a hot tub until your doctor approves. Ask your doctor if you can take showers. You may only be allowed to take sponge baths until your incision heals.