Bossier Healthcare for Women

CAESAREAN SECTION POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

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2) ACTIVITY INSTRUCTIONS:
   a) NO LIFTING GREATER THAN BABY'S WEIGHT
   b) NO PUSHING, PULLING, OR TUGGING
   c) NO DRIVING FOR 2 FULL WEEKS AFTER DISCHARGE
   d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING)
   e) NO EXERCISING OTHER THAN NORMAL PACE WALKING
   f) SWIMMING AND BATHING IS OKAY

3) WARNING SIGNS:
   a) HEAVY BRIGHT RED BLEEDING
   b) FEVER GREATER THAN 100.4 DEGREES
   c) WOUND BECOMING RED AND HOT
   d) WOUND DRAINING AND/OR SEPARATING
   e) GREEN OR YELLOW VAGINAL DISCHARGE
   f) VAGINAL DISCHARGE WITH FOUL ODOR
   g) NAUSEA & VOMITING OR INCREASED ABDOMINAL PAIN
   h) BREAST(S) BECOME BRIGHT RED, FEVERISH AND VERY TENDER

   IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:
   a) BLEEDING FOR UP TO 3-4 WEEKS POST-OP
   b) CLEAR TO WHITE DISCHARGE FOR 2-3 WEEKS AFTER BLEEDING
   c) CONSTIPATION OR CHANGE IN BOWEL HABITS
   d) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
   e) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
   f) NUMBNESS AROUND INCISION
   g) SHARP PAINS AT SITE OF ABDOMINAL CLOSURE
   h) BRUISING AND/OR SWELLING AT OR AROUND INCISION
   i) IF BREASTFEEDING EXPECT UTERINE CRAMPING WHILE NURSING
   j) CALL FOR ANY NURSING PROBLEMS
   k) CALL FOR ANY PROBLEMS WITH BREASTS
   l) IF NOT BREASTFEEDING USE ICE PACKS, FROZEN CABBAGE LEAVES & WEAR SNUG BRA 24 HOURS A DAY TO HELP DRY UP LACTATION

5) FOLLOW UP VISIT:

a) APPOINTMENT FOR STAPLE REMOVAL:_____

b) POST-OP VISIT APPOINTMENT:_____

6) DIRECT ANY ROUTINE QUESTIONS TO MY OFFICE
MONDAY THRU FRIDAY 8 A.M. TO 5 P.M.
(318) 212-7840

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