

C-Section Recovery: What You Need to Know

Gentle guidance for your
recovery journey

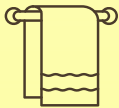


@sunshineholistictherapy | PACES Approach 🧡

The First 24–48 Hours



Shower with Care: Once your dressings are removed (usually within 24 hours), it's safe to shower. Let warm, soapy water gently run over your scar—no scrubbing or rubbing.



Dry Gently: Pat the area dry with a clean towel or use a hairdryer on a cool, low setting.



Comfort is Key: Wear loose, soft clothes to avoid irritation around the scar site.



Manage Pain: Take prescribed pain medication as needed, and for post-op cramps, a hot water bottle or heat pad can offer great relief.



4-10 Days: Protecting Your Healing Scar



Avoid lifting your baby while moving from sitting to standing or getting in/out of bed for at least 4 days. Ask for help to protect your scar.



No baths for 7-10 days after surgery—this keeps the incision clean and undisturbed



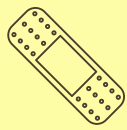
Stitches are usually removed 4-5 days after surgery. If your wound is dry within 24-48 hours, you can gently apply unperfumed cream (like E45) around the scar.

12-14 Days: Supporting Your Healing Scar



Start Gentle Massage Around the Scar

If you had dissolvable stitches and your wound is healed & dry, you can begin using unperfumed cream (like E45) to gently massage around the scar—but not directly on it yet.



Protect Your Scar with Silicone Strips

Silicone strips help prevent irritation & infection while supporting healing.



Increase Movement Slowly

By now, you should be able to move a little more. Short walks help get your body moving—but listen to your body! If you feel pain or fatigue, slow down.

14-28 Days. Supporting long-term healing



Your Scar is Healing Well

By now, you should be moving more comfortably and feeling less restricted.

Scar Healing Enters the Final Stage: Remodelling
This is the longest phase of healing, where your scar continues to strengthen and adapt.



Scar Massage Supports Recovery:

When massaging your scar, you may notice small bumps—this is excess collagen.



Gentle massage can help stimulate lymphatic drainage and increase oxygen flow, supporting scar tissue remodeling.

6 Weeks Plus: Long-Term Scar Care



Returning to Driving

Your healthcare professional will advise when you're ready, but the general rule of thumb is 6 weeks. If unsure, check with your maternity team for confirmation.



Book Your Scar Therapy Assessment

Now is the perfect time to speak with a trained professional about long-term scar care. Learn how to protect and maintain your scar for life with expert guidance.

Ready to Take the Next Step in Your Scar Recovery?

If you'd like more gentle support, guidance, or resources:

Website: sunshineholistictherapy.com
Email: sunshinehealingfabfeeling@gmail.com
Social Media: @sunshineholistictherapy

✨ You're never broken. You're never alone.

