

Do's & Don'ts after a C-Section

A handy guide



Do's



Shower after the first 24 hours. Once your dressing has been removed. Just let the soapy water run over the area.



Wear maternity knickers (big comfy pants) loose leggings and trackie bottoms anything soft and non restrictive



Take pain medication as/when needed.



Use a hot water bottle or a heated pad. These work wonders for post-op stomach cramps!

Do's



Keep well hydrated- water like protein is instrumental in your recovery. aim for 2 litres a day especially if breast feeding.



Eat well, Protein is really important during recovery and supports your body's healing process



Moisturise; non-dissolvable stitches are usually removed 4-5 days after surgery.

If the wound is dry within 24-48 hours of them being taken out, you can use unperfumed cream like E45 to gently massage on/around the scar.

Do's

Move around. Gently and at your bodies speed. Especially in the first two weeks.

Go for walks! Walking is a brilliant, gentle exercise. Take it slowly and build up gently. If you experience any pain/discomfort stop.

Listen to your body- If you feel tired, rest. if something feels too much, don't do it.

Arrange for someone else to do the dog walks, pick up your older kids, do the food shop etc for the first few weeks wherever possible.



Don'ts

Carry/hold your baby while moving from sitting to standing, or getting in or out of bed for the first 4 days at least. Wherever possible ask someone to hold the baby for you, to protect your healing scar.

Jump into the bath, avoid baths for 7 to 10 days after surgery to keep the incision clean and undisturbed.

Don't scrub at/around your scar, Just let the soapy water run over it.



Don'ts

Give yourself a hard time- Ladies you have just grown a whole little human & a C-Section is major abdominal surgery. Be kind to yourself, you deserve much love.

Compare yourself to other woman on Tik Tok/Insta etc. Everybody's journey is different. Also, these video's can be genuine or they can also be extremely edited and photoshopped!

Try on your pre-pregnancy jeans, the material is too rough for tender scars, and the swelling around your wound isn't going to help them fit.



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](https://www.instagram.com/sunshineholistictherapy)

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



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