

C-Section REHAB

IMMEDIATELY AFTER SURGERY

Bed Mobility



- These simple exercises help prevent blood clots after surgery and can be done easily in bed:
 - Ankle pumps, leg slides and bum squeezes

Practice Lying Flat



- Lying flat after your surgery can help decrease swelling around your incision.
- Make sure to alternate from semi-reclined to flat positions often.

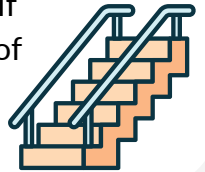
Up and Walking



It's important to get up and moving soon after surgery to help prevent blood clots and improve circulation. Go slow and ask for assistance. If you feel light headed, dizzy or weak notify staff.

Navigating Stairs

Try your best to limit the use of stairs for the first few days after your surgery. If possible set yourself up on one level of your home.



Signs of Blood Clots



Sudden cough, shortness of breath, chest pain, or pain in your thigh, groin, or calf along with redness, swelling, and hot-to-touch area. Seek medical attention immediately.

Scar Management:



Signs of Infection

- Incision: Redness and swelling over incision and surrounding skin, pus, foul odour.
- Uterus: Foul smelling vaginal discharge, increase in bleeding, abdominal pain, fever.

Splinting

- Pressing a pillow across your abdomen or gently but firmly pressing your hands above and below your incision can help alleviate pain and discomfort when there is increases in abdominal pressure, such as: laughing, sneezing, coughing, and toileting.

Scar Mobility

- It is common for your scar to feel numb, tingly or even sensitive weeks to months after birth. Once your incision is fully healed (>6 weeks postpartum), and once cleared by your healthcare provider, scar massage should be initiated. A pelvic floor physiotherapist can help with this.