

# Special Note After Cesarean Section

## 1. The posture after the Caesarean section

- General anaesthesia: lie flat on the bed with your head face one side until your regaining consciousness to prevent obstruction of your tongue or secretion.
- Spinal anesthesia: lie evenly for 6 to 8 hours, do not jack up your head or sleep with a pillow in order to avoid headache caused by spinal anesthesia; tossing around however is all right.
- Epidural anesthesia: There is no limitation for postures.

## 2. The special note after Cesarean section

- It often takes 5-7 days of hospitalization after the Cesarean section.
- Gradual ambulation is suggested. Abdominal corset is sometimes used to reduce post-operation wound discomfort. Simple early off-bed activity is highly urged the day after the C-section.
- The drip infusion usually keeps for 24 to 48 hours after operation. Then you can try some water after operation 6-8 hours later, and the drip can be removed if there is no vomiting one hour after water drinking.
- After the operation, you may drink some boiled water and gradually liquid substance like fish soup and juice. If there is no negative reaction, have soft food before your normal diet. There are foods to be avoided: noodles, eggs, and beans.
- Patients should be able to urinate in 4-8 hours after foley and kept for a day.
- Mothers taking pain killer can still breast feed their baby because the doses babies receive through breast milk are very little; therefore, do not panic.
- While feeding your baby, you can place a pillow or lie on your side to prevent your baby from pressing on your wound.
- When you are able to walk without assistance, approximately 2-3 days after the operation, you may use a plastic dressing to cover up your wound for shower; keep your wound dry and clean if you remove the dressing.