

EARLY CARE AFTER C-SECTION

RIGHT AFTER THE DELIVERY

The healing of the scar can be supported by gentle touches around the wound – place the palm on the wound, try to breathe underneath it. Try this in different positions – lying on your side, on your back, in sitting. Be very gentle.

BE GENTLE WITH YOURSELF

After 8 weeks, the strength of the scar tissue is only at 40% of its maximum. Do not lift loads heavier than your baby. When getting up, laughing or coughing, support your scar by holding the area with your palm. You may also use some external support – a scarf that you tie around the belly.

SHOWERING

After removing the sterile bandage, wash the scar area 3-4 times a day with non-irritating soap. Dry the scar by gentle tapping with a towel. Leave the scar uncovered often to avoid unnecessary heat and humidity.

AS SOON AS THE SCAR IS HEALED

Keep the scar lubricated using creams and oils as it enhances optimal healing of the regenerating tissue. A high-power laser therapy can also be applied to accelerate the healing of the scar.

MASSAGE OF THE SCAR

Avoid a direct scar massage during the first two months. Instead, use a slight flat pressure of your palm around the scar. Go into different directions to gently stretch the whole area. After the scar has dried (approx. 1-2 weeks after removing the stitches), you can start massaging the scar – 2x – 3x a day for 5 minutes.

GENERAL RECOMMENDATION

Watch out for tight underwear or trousers – clothes should not be pressing anywhere as it might impair blood and lymphatic circulation. Excessive pressure on the scar can also be caused by having a full bladder. Swelling is always a sign of overload.

If you are experiencing any issues with your scar – pain, increased sensitivity or even feelings of tension – book your physiotherapy session, we can help you!

In case of opening of the wound, pus, bleeding, large swelling, etc., contact your doctor.