

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 breath 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.

AVOID CONSTIPATION

Constipation increases abdominal pressure and by that a pressure on the scar and a pelvic floor, keep your fluids up, eat a balanced diet and observe regular stools. For easier defecation try having your knees higher than your hips by putting your feet on a box or a small stool.

AS SOON AS THE SCAR IS HEALED

Keep the scar lubricated using creams and oils as it enhances optimal healing of the regenerating tissue. By this time you can start with gentle massage of the scar. The massage should not be painful..

RETURN TO MOVEMENT

Be gentle with returning to movement and slowly increas intensity. Don't do anything that causes you pain but don't be afraid of light stretching and mobility.

GENERAL RECOMMENDATION

If your experiencing any pain, hypersensitivity or tightness around the scar don't hesitate with physio appointment, we will help you! In case of suppuration or opening of the wound, bleeding, large swelling, etc., contact your doctor..