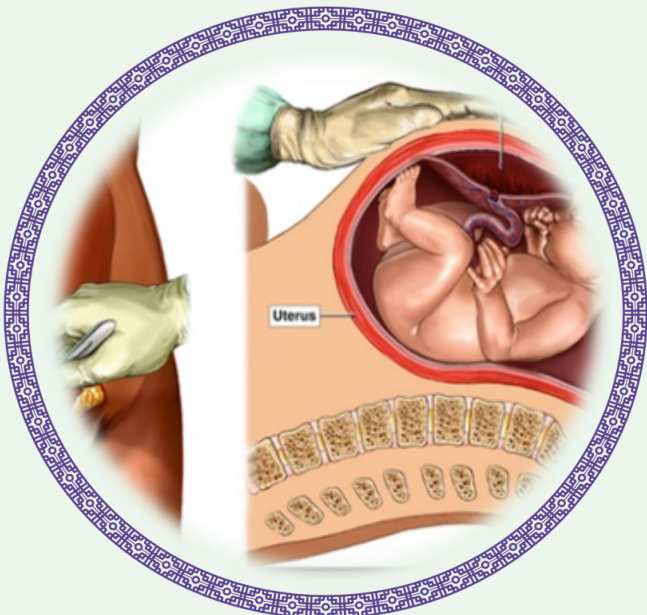


## C-section



Department Of Surgery  
Health Education Unit

Exercise is recommended for the faster return of the abdominal muscles and other parts to their original state, and in women, it starts with natural childbirth one week later, and in cesarean section, it starts 6 weeks later with the doctor's opinion.

Pay attention to the correct position of breastfeeding and putting the infant to the breast according to the training given in the hospital and the breastfeeding training sheet.

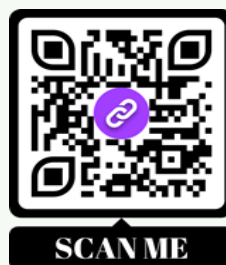
Avoid using substances such as soap and cream that may damage the nipples.

To prevent breast inflammation and infection, continue breastfeeding continuously.

Prolonging breastfeeding intervals reduces milk production and breast swelling.

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Patients who have a large abdomen have a high probability that the abdomen will be placed on the suture site and cause infection, so it is better to use appropriate medical abdominal bands so that the suture site is outside the abdominal band.

Have a Normal Diet.

Use Liquids, Vegetables and Fruits to Soften the intestines. In case of Spinal Anesthesia, it will be useful to drink liquids such as coffee, Nescafe and Strong Tea for the first week after the operation to prevent Headache and Back Pain.

To perform a screening test to check for hypothyroidism in a newborn, visit the nearest health center from 3 to 5 days after birth.

Forty days after giving birth, go to the nearest health center and choose one of the contraceptive methods.

Avoid lifting heavy objects for two weeks and refrain from intercourse and heavy activity for 40 days.



The serum and urinary catheter will be removed within 12 hours after the surgery and you can eat as soon as you feel like eating.

### Recommendations During Discharge:

You will be discharged after 24 - 48 hours after surgery if there are no problems (Fever, Bleeding and Abnormal Symptoms Such As Bleeding, Secretions, dead blood and bruising at the Operation Site) with the doctor's opinion.

The prescription will be written by the doctor and given to you.

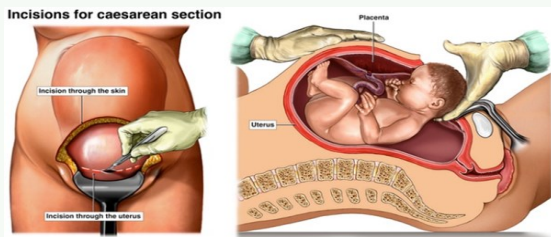
It is necessary to get the medicines from the pharmacy and use them at home according to the doctor's instructions.

You will be reminded at your next visit to the doctor to remove the stitches 7 to 10 days after the operation according to the instructions.

Wash the suture area with water and baby shampoo and keep it dry.

Change your underwear and pads regularly.

Avoid wearing tight clothing and nylons that cause sweating, because the operation area must be exposed to air.



## Recovery Period

You may feel dizzy and nauseous immediately after surgery.

At the first opportunity, ask the nurse to teach you how to breastfeed the baby while lying on his side. You may feel pain and numbness at the cesarean section.

Sneezing, coughing or other activities that cause pressure in the abdomen will be painful in the first days, but you will gradually get better.

At first, your nurse will come to your bedside every hour to monitor your condition and help you. The nurse will check your vital signs, feel your abdomen to see if the uterus is firm, and check your bleeding. Like any woman who has just given birth, you will have a discharge that contains blood and extra tissue removed from the inner cavity of the uterus.

There may be a lot of this bloody discharge when you first get up, and it will be bright red for the first 3 or 4 days. It is normal to have pain after a C-section, and the nurse will give you the painkillers prescribed by the doctor.

The nurse will also teach you how to cough or do regular breathing exercises to drain the fluid that accumulates in the lungs.

Make sure to put your hands or a pillow on the wound when you cough (as well as sneeze and laugh).

## What Is Cesarean Section?

Termination of pregnancy through abdominal surgery is called Casarean Section.

### Preparation for cesarean section

- ⇒ Before the Cesarean Section, a nurse will prepare you for surgery.
- ⇒ All your metal objects will be removed.
- ⇒ You wear an operating room.
- ⇒ An intravenous line will be created to give you the medicine.
- ⇒ Pubic hair is shortened.
- ⇒ A tube called a catheter is inserted from the urethra into your bladder. This tube is to keep your bladder empty during surgery so that the bladder is not damaged.

## Types Of Anesthesia

### General Anesthesia:

If general anesthesia is used, you will not be conscious during labor.

### Spinal Anesthesia:

To do this, the patient is placed in a sitting or lying position. Then the skin is disinfected and then the specialist doctor inserts the needle in the designated space and injects the medicine in that place. By injecting the drug, your body will gradually become numb from the waist down.